BULK RATE
US Postal Paid
Carmel Valley,
Ca. 93924
Permit No. 31

Box Holder
Star Route
Rural Route
Carmel Valley
Ca. 93924

Carmel Valley Sun

FREE

January 23, 1985 — February 5, 1985

Photo by Debi Effron.

Teaching for almost 3 decades.

— Page 3

Golfers vie for Crosby prizes.

— Page 8

Opera '85- both drama and comedy.

— Page 10

LETTERS

Letters to the Editor are welcome from our readers. They must not be more than 250 words, and if possible, typed and double spaced. We reserve the right to edit, discard or return to the sender any letter which does not meet the standards of length or good taste. All letters must be signed legibly and include address and telephone number.

Pay In Full

It turns out that the Captain of World Airways Flight 34 to New York has left the keys to the silver bird's ignition in his other pants; In Baltimore. So, I'm sitting here at Oakland Airport reading the *Sun's* (January 9, 1985) 'Letters' page, and it moves me to reflect upon a separate problem of my own: How to remove the individuals "renting" (I use the word figuratively) my home on Tassajara Road. They have not paid the rent—EVER!

I cannot burn them out without risking the demise of Dr. Ainsworth—as 'canary'. However, Ms. Livingston's inspiring contribution and Ms. Crane-Frank's comment have provided seed for a bright idea!

I shall write a letter that will read as follows:

"My Dear Squatters,

I have become privy to a scrap of information that may be of interest to you. To wit: that a hot spot caused randomly and unpredictably, has been detected at coordinates SMACK IN THE MIDDLE of your waterbed!

An unnamed research foundation conducting a study of modulation in Ethiopian waterbeds has recently released their findings, which indicate (much to the good fortune of Ethiopians and the rest of us) STERILITY is the inevitable consequence of such a phenomenon. You are thus required to vacate the premises POST HASTE. However, should you immediately PAY YOUR RENT IN FULL, I have arranged with a local microwave facility to direct a counter-beam which eliminate the prospect of long term exposure. PAY UP! OR YOUR GOOSE IS COOKED!"

Kelly Erin O'Brien
Environmental Engineer
Palo Alto and Carmel Valley

Why The Delay?

The Water Board, to benefit the fish, has limited by law the amount of water that can be delivered to people from the present Carmel River dams. An average of 64 gallons per second must now be released to the lower river during the summer. Possibly this will allow summer flows as far downstream as Mid-Valley.

This Draconian action will increase the cost and lower the quality of water delivered. In dry years it will increase the degree of rationing necessary. It will fail miserably to accomplish its worthy objective, compared to the similar benefits that could be accomplished with a new dam.

Analysis has shown that summer flows in excess of 200 gallons per second could be provided by the new dam. Flow could be maintained all the way to Highway 1 in most years; thus saving the tens of thousands of newly hatched steelhead that are now killed each year. Rather than increasing the degree of rationing the new dam would decrease both the frequency and degree of the future rationing anticipated for the present population. In addition, downstream flows to enable yearling fish to migrate safely to the ocean could be substantially improved over the present.

Benefits to residents, fish and the rest of the riparian environment are clearly demonstrable. One wonders why the Water District politicians are delaying so long to give the people the option to build their dam.

Ed Lee
Carmel

Number 1 Killer

CAR ACCIDENTS ARE THE NUMBER ONE KILLERS OF YOUNG CHILDREN. It can happen to anyone at anytime. Yet, I am continually amazed and concerned at the many people who do not fasten their children into a car restraint system. Even instituting a State Law requiring children to be in car seats and safety belts has not forced parents to see the necessity of protecting their children in a moving vehicle. It is the parent's responsibility to follow through on this. Babies and young children are incapable of understanding the perils of an automobile accident.

It is easy to make the standard excuses: "It can't happen to me, I'm a safe driver." (What about the other guy?) "I'm just going to the store." (Most accidents occur within five miles of home!) "My children cry and fuss when they are confined." (Wheelchairs and coffins are more confining!).

Could you as a parent be able to live with yourself, knowing you could have prevented serious injury or death to your child? Then, stop making excuses and start saving lives. Set a good example for your child and wear a seatbelt yourself.

A minute of safety precaution, could save you a lifetime of sorrow.

Karen Holtman
Carmel Valley

No OOPS this issue, but be sure to get your information in for the next issue. The deadline is January 25, publication date—February 6.

FRI & SAT SPECIALS

These great specials are in effect Friday & Saturday, January 25 and 26, and Friday & Saturday, February 1 and 2 only. Watch each issue of the Sun for new Specials.

JOHN'S MEATS
INSIDE VILLAGE MARKET

Bar-b-que Beef Steak
$2.89 lb.
reg. $3.25 lb.

SHORT RIBS
$1.59 lb.
reg. $1.99 lb.

Murphy Lumber
In the Carmel Valley Village 10 West Carmel Valley Road
True Value HARDWARE STORES
Hours—Monday thru Friday 7:30—5:00
Saturday 8:00—4:30 • Sunday 10:00—3:00
659-2291
M.J. MURPHY LUMBER & HARDWARE

Thompson's Water Seal BRAND
$10.99
reg. $17.99

GE MISER™ OUTDOOR FLOODLIGHTS

$6.99
reg. $8.65

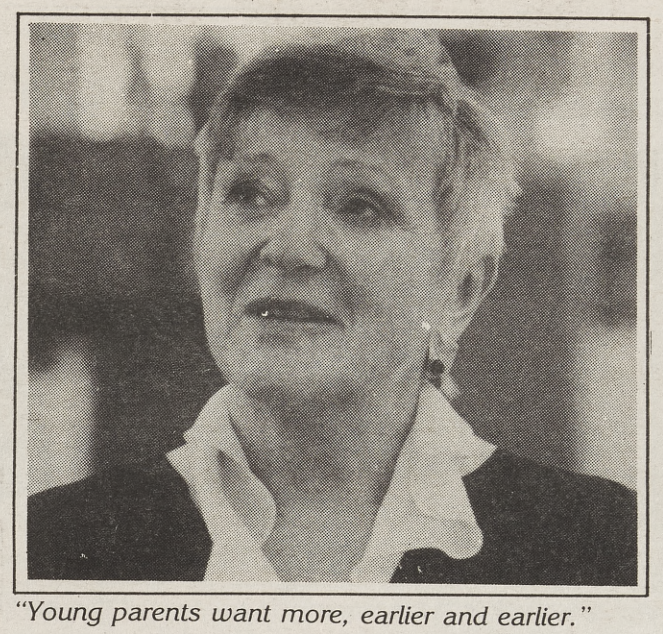
Corrugated Plastic Drainage Pipe
10% OFF
Full Roll Price

Friday & Saturday are
FISH DAYS!
Our bargain fresh fish at even better prices!
(variety depends on what's caught)
CARMEL VALLEY NATURAL FOODS
CHECK US OUT
Village Center 659-2811

Shop Locally & Save

Photos by Debi Effron.

"Kids have the most glorious faces."



"Young parents want more, earlier and earlier."

"Dealing with little kids you can get very sentimental.

TEACHING FOR ALMOST THREE DECADES

"Good teaching is like being a mid-wife. You help others give birth to ideas."
Sara Harkins, 1985

"It's been fun," said Sara Harkins about her 29 year teaching career. "I've been in so long now I have children whose mothers and fathers were once in my class. I call them my academic grandchildren." There is a lot to be said about a career that spans almost three decades, and for those who know her, it will be a sad day when Sara Harkins retires on January 25.

Teaching for Mrs. Harkins was a natural choice. Her mother was a teacher as were many of her aunts so it's not suprising to learn that she took to the craft at an early age.

At fifteen, she and her friends would gather up the neighborhood children and attend what she called "beach class." When it came time for college, she followed her inbred instincts and attended the National College of Education in Evanston, Illinois, which is well-known for providing classrooms with progressive and innovative teachers. (She later earned her Masters degree in Early Childhood Education from Laverne University, Laverne, California.)

Mrs. Harkins graduated from National College in 1948 and came to the Peninsula to teach at the request of the Monterey Superintendent of Schools. Each year, she said, he got one or two teachers to "put into the Monterey schools to liberalize the system." Friends of hers had come to the Peninsula earlier and she was anxious to join them here.

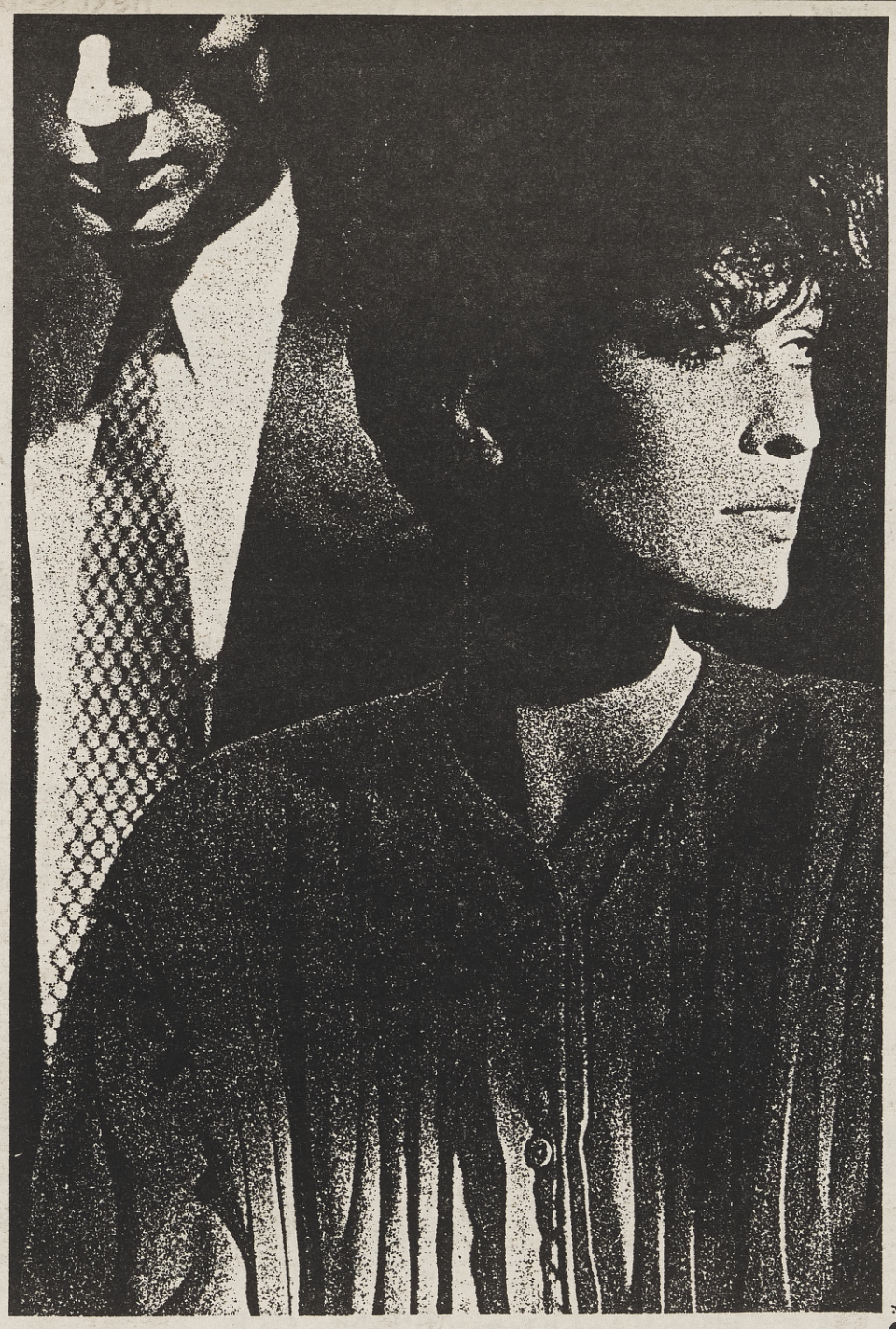
After a short time teaching, she met and married Jim Harkins, who was born and raised in Salinas. She took leave of her students to rear their own two children—Betsi and Cassie—and returned to teaching in the Carmel Unified School District in 1958. She is currently in her 27th year with the District which includes 13 years at River School, 11 years at Wood School and Tularcitos for the last three years.

Over the years, Mrs. Harkins has dealt, almost exclusively, with kindergarteners, which is her specialty. National College is specifically geared for training Kindergarten teachers.

During her career she has seen her curriculum change dramatically. What used to include sand play, block play, painting, singing and dramatic play,

Continued on next page

Q. ***I've been reading your ads in the newspapers and look forward to them each week. After reading them, I think my wife may need treatment. I want to make sure she goes to a reputable place where she will get the help she needs. Will you tell me more about your hospital and what ACT in Brightside ACT Center stands for?***



A. *Brightside ACT Center is a service of St. Benedict's Health System which is a hospital corporation based in Ogden, Utah. ACT stands for Alcohol, Chemical dependency Treatment. St. Benedict's has been involved with treatment of alcoholism and chemical dependency for over 12 years. There are six ACT Centers across the Western United States in Ceour-d-alene Idaho; Gooding, Idaho; Missoula Montana; Salt Lake and Ogden Utah; and here in Carmel, California.*

We realize that a lifetime of alcoholism and drug abuse cannot be resolved in four weeks of hospitalization, so we provide two years of weekly aftercare for our patients and other people meaningful in their lives. Since we consider alcoholism and drug abuse family diseases, we also involve the family in the recovery process.

Brightside ACT Center purchased the existing building and established the St. Benedict's Health system treatment program last summer. So although we're new in California, we bring to Brightside ACT Center 12 years of successful treatment of alcoholism and chemical dependency.

In a setting of confidentiality, our professional staff can answer your questions about alcoholism and chemical dependence.

If alcohol or other chemicals are causing problems for you or someone you care about, it's time to ACT...Call us at 624-4995. We have trained counselors who will listen and assess your situation 24 hours a day.

If you have any questions concerning alcohol or drug abuse, write to:

Dr. John Bennetts,
Medical Director
Brightside ACT Center
24945 Valley Way
Carmel, CA 93923

To Turn a Life Around

24-HOUR HELP AVAILABLE - 624-4995 • 24945 VALLEY WAY, OFF HWY. 1, CARMEL

A service of St. Benedict's Health System

CONTENTS

Letters.....page 2
Teacher.....page 3
Salute.....page 5
News.....page 6
Dance.....page 7
Arthritis.....page 7
Sports.....page 8
Crossword.....page 9
Entertainment.....page 10
Music.....page 11
Art.....page 13
Cartoon.....page 14
Clubs.....page 15
Business.....page 16
Columns.....page 18
Health.....page 20
Animals.....page 23
Voices.....page 24
Classifieds.....page 24

Staff

Debra Saxton.....Editor
Liz Turner.....Advertising Director
De Cabral.....Office Manager
Debi Effron.....Photographer
Diane Newton..... Writer at large

Contributors

Ron Bean.....Consultant
Grace Darcy.....Chamber Connection and writer at large
Jeff Frye.....Where There's Smoke
Sydney Reade
Blair Holland.....C.V. Natural Food News
Wendy Jones
Mary Berta.....Bookworm
Illia Thompson.....Thoughts
Larry Warken.....Grindstone Notes
Karen Hughes.....State of Mind
Judy Sulsona.....News From the Library
Dan Peterson.....A La Carte
Fran Hughes.....Property Values
Donna Hamilton.....Writer at large
Stephan P. Zimmermann..... Notes
Dr. Alyce Wolford.....Pet Protection
Jamie del Valle.....Gun Thoughts
Dr. Kim Hartford.....Eye-deas
Sally Hudson.....Equestrian News
Robin Maurice.....Animal Tracks
Lisa Hoefler
Cathi Stalder
Betty Hansen.....N E Walker
Rodger Weeks.....Out in the Valley
Jerry Foote.....CVPOA Notes
Linda Lundy.....Keeping in Touch
Steve Austin.....Kiwanis News
Frank Catalano.....Lions Club News
Erma Behrent.....Women's Club
Dan Derr.....Photography & Design
Locksin Thompson.....Pool & Spa Repair

Carmel Valley Sun

The Carmel Valley Sun office is located at 1 West Carmel Valley Road, P.O. Box 744, Carmel Valley, CA 93924, telephone (408) 659-2950. Published bi-weekly on Wednesdays. Circulation is 6000. Subscription rate: 12 issues, $13. Entire contents of this issue Copyright © 1984 Carmel Valley Sun. All rights reserved.

The Cover

The road to Durney's Vineyard

Mrs. Harkins said she stuck with kindergartners because at that age they are fresh, open and willing to play, have fun and learn. They haven't developed the things older kids develop.

Playing with the kids is what Mrs. Harkins says she will miss most when she retires.

Teaching For Three Decades

Continued From Previous Page

now has mandated reading books, math books and a social science curriculum. "A lot of things I'm not sure are a benefit to the child," she said.

She blames this shift on "an upsurge of people, the body of knowledge people, who view school as a place to assimilate facts rather than learn to think."

"There are so many things to be learned besides book learning," she said.

"Young parents want more, earlier and earlier, because they don't understand child development," she said.

To keep up with the current trends in child development, Mrs. Harkins has spent a great deal of time traveling to schools all over the world. She has taught in London inter-city schools and has also visited schools in Russia, China, and Scandinavia.

"In Russia they do not start any abstracts until a child is 7. They operate on the developmental theory of the brain. They do oral language, play acting and recitations," she said.

On her trips to Russia, Mrs. Harkins learned of some "fascinating" reasearch they were doing there. She said they developed a way to photograph brain patterns and their research showed that introducing academics too early interferred with the full development of the child's brain.

With that in mind, she prefers to have a child learn at his own pace. "When it is natural for that that child, it will be successful," she said.

Beside slowing down the push for "facts", if Mrs. Harkins had her way, there would be more support of left brain activities within the schools, which she feels is essential to a child's development. "What's happening with the cutting of funds is they cut out art and music. Things that are also needed for total development of a person," she said.

Bringing about such changes in curriculum has also been part of her career. Mrs. Harkins served as president on both the American Federation of Teachers, which was the District's first union, and the California Teachers Association, when it was decided it would be the District's official union. Presently, she is on the negotiating committee for the Carmel Teacher's Association.

According to Tularcitos School Principal, Jim Kohnke, Mrs. Harkins has been an inspiration to her co-workers and will be "greatly missed.

"She is a real inspiration to anybody in the teaching profession because of her enthusiasm, her insight, her spontaniety and her caring," he said.

According to Kohnke, his short association with Mrs. Harkins has been very positive. (He has been at Tularcitos for two years.)

"She is open to new ideas, sharing her ideas, she is verbal and articulate and open minded," he said.

"She has been a great help for bringing us together as a staff. On a personal level she adds a real sense of class to the school and staff," he said.

Applauding her as a teacher, Kohnke said she provides "neat experiences" for the kids and is very innovative in planning her well thought out lessons.

"She is an outstanding kindergarten teacher and loves the kids," he said.

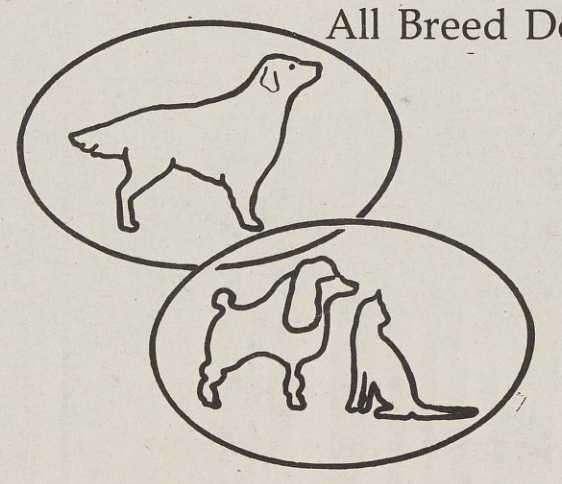
Mrs. Harkins said it is the kids and their "shining faces" that she will miss the most when she retires. "They have wonderful faces," she said. "Have you ever noticed?" Playing with them has been her favorite part of teaching and her most memorable moment has been more of a collection of little things than anything specific. "Dealing with little kids you can get very sentimental," she said.

To those that follow in her footsteps Mrs. Harkins passes on a bit of wisdom. "Teaching today is somewhat different," she said, but "you are always dealing with the kids and that's where the reward is."

According to Mrs. Harkins there are no special plans for retirement. It's just "time to go on to other things." She does, however, hope to travel, work on her photography and READ.

Replacing Mrs. Harkins will be Judy Leavelle. Mrs. Leavelle has been a Tularcitos faculty member for the past four years. She previously taught first, second and third grades.

MID VALLEY PET SPA
All Breed Dog & Cat Grooming *by Cindy Cather*



Discount Flea Prevention Programs
Hot Oil Treatments Available
Ears Plucked and Cleaned
Medical Baths • Flea Dips
Fluff Drying • Nails Trimmed
Hand Scissoring • Foxtail Prevention Clips

MID VALLEY SHOPPING CTR.
625-6922 (Behind Dutch Windmill Restrant)

William Brown Honored By Mid-Valley Volunteers

At their January 11th Dinner, the Mid Carmel Valley Volunteers honored William Brown for 15 years of service as a director on the Mid Carmel Valley Fire Protection District Board. Brown is one of the original board members for the Dstrict which was formed in 1969. His term expired December 31, 1984.

Brown was among the five Mid Carmel Valley residents who met in 1969 in a living room to discuss the need for local fire protection. At that time, fire protection for their area came from the California Department of Forestry on Carmel Hill. Through their efforts, and after a few years of leg work, paper work and bureaucracy special elections were held. By a two-thirds majority vote the Mid Valley residents approved the formation of a special district for fire protection and began collecting tax dollars.

By 1976 a fire station, fire apparatus, equipment and manpower were providing emergency services.

The Mid Carmel Valley Fire Protection District is governed by a five member board of directors who are appointed by the Monterey County Board of Supervisors. These dedicated individuals receive no compensation for their efforts and responsibilities.

Since its inception, the board has had only a few changes in its members. The original board consisted of Skip Marquard, Chairman 1969-1981, Michael Tancredi, 1969-1982, Edgar Haber, 1969-present (current Chairman of the Board), Steve Thigpen, 1969-present and William B. Brown, 1969-1984. Directors Marquard and Tancredi were replaced by Doug Despard and Richard Krueger who are current members of the Board. Bill Brown's vacancy will be filled by Brian Smith.

During his 15 years of service to the District, Bill Brown, along with the other board members, saw the District through tough times. By 1977 the District was on its feet with sufficient tax income to support its annual budget, then came Proposition 13, which affected the District's financial security for the next five years. During that time the directors had the task of maintaining a level of protection for its residents on a reduced income. They fought for legislative relief and were able to get a special measure passed to receive a "User Fee" to augment any deficit in the maintenance and operations budget of the District. In addition they fought (and continue to do so) for any available funding for the Fire District.

Through their efforts, the District is once again financially secure.

Along with those financial responsibilities during his 15 years of service, Mr. Brown has also been involved in the land acquisitions for the fire station as well as purchasing apparatus and equipment and hiring personnel. He was directly responsible for overseeing the insurance needs of the District and its personnel.

Although he is a "retired" Board member, he is not a forgotten one. At the dinner honoring him, Mr. Brown was awarded a VALUABLE AND DEDICATED SERVICE Plaque and will always be appreciated for his participation on behalf of the Mid Carmel Valley Volunteers and the community.

Women's Resource Center Holds Grand Opening

(Above) Fifth District Supervisor Karin Strasser Kauffman did the ribbon cutting honors when the Carmel Valley Women's Resource Center held their grand opening on January 14. Cutting the ribbon with Supervisor Strasser Kauffman are the Center's co-directors Kathy Sparr and Veronica Lindsay.
(Below) The newly elected directors for the Resource Center's Board were on hand for the opening ceremonies. Pictured (l to r) are Gail Buche, Francie Goodrick (secretary), Marie Kassing, Grace Darcy (president), Illia Thompson, Candace Snow (treasurer) and Diane Littlefield (vice president). The Resource Center is open for drop-ins and will be offering workshops and classes for women. For more information call 659-3445.

Photos by Debi Effron.

FREE

8th Annual
DO-IT-YOURSELF
SEMINAR
ON
HOT TUBS, SPAS
POOL-SPAS & PORTABLES

Tues. Night, Jan. 29 • 7-10 p.m.

• How to build your own spa
• Attributes & drawbacks of all products
• Energy efficiency
• Chemistry (water balance)
• How to up-grade existing

This Seminar will be held with NO bias of product and no desire to sell anything except
"The Tub Experience
(Limited to 30 persons - call for reservations)
659-3089
It could save you hundreds of dollars!

Locksin Thompson
Member of National Pool & Spa Institute, Dealer, Designer, installer. Locksin has given this Seminar to dealers, installers and building & health officials from all over the world.

Blackthorne Hot Tubs
To be held at:
4 Pilot Road,
Carmel Valley
in
"The Village"

An Old Fashioned Bakery
Opening Soon

In these times of razzle-dazzle,
you can get worn down to a frazzle.
Relax awhile, watch the world go by,
have some coffee and a piece of pie.
Come on in, rest your feet,
we'll be waiting at the
SWEET RETREAT
Pilot Road & Del Fino Place
the Village, Carmel Valley

CUSTOM
WOOD
CARVING

DOORS/MURALS
PANELS/LESSONS

interior & exterior
contractor &
designer discounts

free estimates

Mark Andrew
659-5340

Gifts With Country Elegance at Affordable Prices

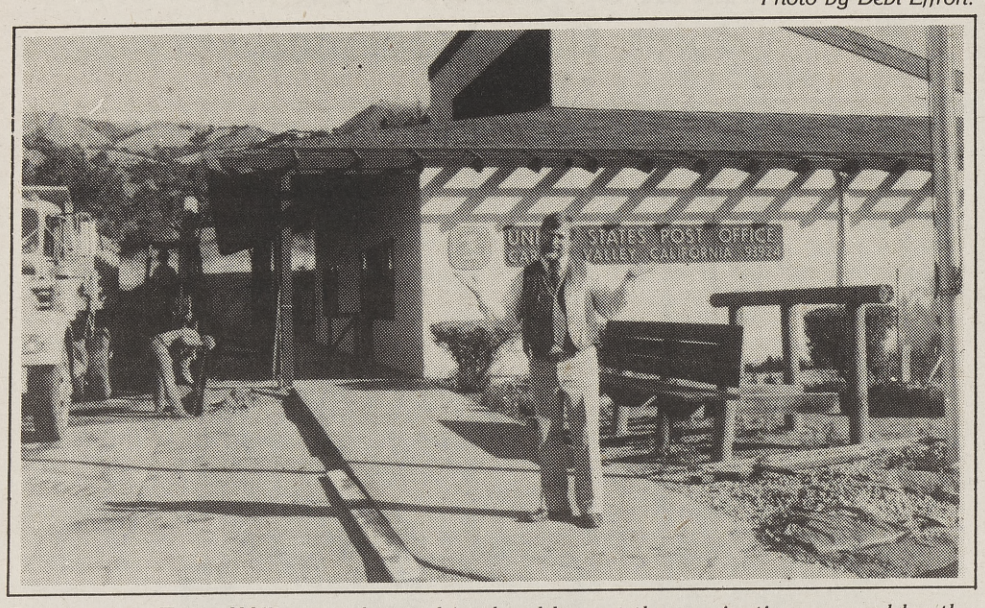
Whiting & Davis Meta Mesh
Belt $32.00 Compact $20.00 Wallet $42.00

The In & Outdoor Shop

9:30-5:30 Mon.-Sat., Closed Sun.
White Oak Plaza, Carmel Valley Village
659-2832
Free Gift Wrapping/UPS Service Available

It Had To Be Done

Photo by Debi Effron.



Postmaster, Terry Williams, shrugs his shoulders at the conjestion caused by the recent repaving of the Post Office parking lot. The work is now completed but it was a real test of endurance for those picking up their mail while it was taking place.

MST Offers Courtesy Cards For Handicapped And Elderly

Monterey-Salinas Transit announced that Transit Courtesy Cards are now available at the MST offices on One Ryan Ranch Road. Cards may be picked up on Tuesdays from noon to 2 p.m.

The Transit Courtesy Card issued free to senior citizens and handicapped persons, provides the necessary identification to ride the bus for discount fare during non-peak hours. The cards are also used in conjunction with the half-price monthly GoldPass.

Approximately 1,000 Transit Courtesy Cards are issued each year.

The Transit Courtesy Card is also issued at these locations and days between noon and 2 p.m.: New Monterey Neighborhood Center, first Monday of each month; Seaside Multi-Use Center, third Thursday of each month; Salinas Recreation Center, second and fourth Wednesday of each month.

To qualify for a Transit Courtesy Card and its cash fare and monthly pass discounts, seniors must be 65 years or older and bring a DMV identification card, driver's license, or other proof of age to the site.

The MST office is located on One Ryan Ranch Road and can be reached by taking MST line 8-DEL REY OAKS.

This year, a number of local businesses have donated funds to sponsor the cost of issuing a Courtesy Card. These include Long's Drug Stores in Salinas and on the Peninsula, the Monterey Kiwanis, Casa Serena Health Care Ltd., and Valley Hearing Aid Center in Salinas.

Suky's

FEED BAG

HAMBURGERS $1.99

Sandwiches / Soups / Ice Cream / Breakfast / Egg Rolls

7:00 A.M. TO 7:00 P.M. / 7 DAYS

659-2121/1 Delfino Place

Since 1947

Allaire Insurance

Matt Allaire • Lou Allaire

P.O. Box 263 • Carmel Valley, California 93924

#6 Delfino Place • Telephone: (408) 659-2258

Julie Packard Will Speak At The SPCA Annual Meeting

Julie Packard, Executive Director of the Monterey Bay Aquarium, will discuss the wide variety of animal life in Monterey County at the annual meeting of the Monterey County Society for the Prevention of Cruelty to Animals. The meeting will be held February 9 at the Hyatt Regency in Monterey. A luncheon will be served at noon and the meeting will begin at 1 p.m.

Ms. Packard's address, "The Monterey Peninsula: A Biological Showcase," will kick off the annual meeting. In addition, members and friends of the MCSPCA will hear the annual report. Awards will be presented to Anne Germain, Emile Norman, Sam Matar, Gwendolyn May and Alison Stilwell Cameron for their contributions to animal welfare. Members of the MCSPCA will also have the opportunity to vote on new board members.

The luncheon cost is $15. Members and friends of the SPCA should make their reservations by February 5. For more information call the SPCA at 373-2631 or 422-4721.

Nominations Are Open For "Conservation Teacher-of-the-Year" Awards

Nominations are being accepted for the national "Conservation Teacher-of-the-Year" awards program according to Sam Chinn, President of the Monterey Coast Resource Conservation District. The competition is open to all full-time teachers working at the kindergarten through high school level who have developed an outstanding program of conservation education.

The national Conservation Teacher-of-the-Year will receive $1,000 in cash and an expense paid trip to Nashville, Tennessee for the 1986 annual convention of the National Association of Conservation Districts. The national second place winner will receive a $500 cash award and the first place regional winner will receive $200. The local winner will also be presented with an award from the district.

Co-sponsored by NACD and the Allis Chalmers Corporation, the purpose of the awards program is to encourage the development of creative learning experiences in conservation for young people. Any teacher in a public or private shcool in our conservation district who puts emphasis on conservation as a regular part of the instructional program is eligible for nomination.

Interested teachers can obtain additional information and nomination forms from the Monterey Coast Resource Conservaiton District; phone 424-1036. The awards program also honors the conservation districts judged to have provided the most effective stimulus and help for conservation education programs within the district.

Holiday Project Volunteers Will Meet January 27

Holiday Project volunteers will again be out visiting in goodly numbers for Valentines Day on Sunday, February 10, 1985. After a heartwarming Christmas Holiday Season with visits by 245 volunteers to more than 1,200 residents of Monterey County Convalescent Homes, a Valentine-making party is next on the agenda, January 27, Sunday, from noon to 5 p.m., at the Crossroads Community room at the mouth of the Valley.

"You Are the Gift" once again is the basis for songsters, handholders and smilers who will get together and prepare over 1,200 personalized Valentines to give out during visits to 27 convalescent homes, hospitals and other "homes away from home." This is our way of sharing in concern for others as one human to another: brightening spirits, giving of oneself and becoming a part of the continuing love process of the Holiday Project.

You are invited to join us and enjoy the camaraderie and fun with snacks and entertainment. For more details and to become a volunteer, call Marti evenings 375-7365 or Ken Croft evenings 646-1838.

Water Management District Continues Connection Charges Discussion

The board of Directors of the Monterey Peninsula Water Management District has set the following meeting dates for continued Board meetings:

January 28, 3 p.m., Seaside Library Meeting Room—to discuss connection charges.

February 4, 7:30 p.m., Monterey City Hall Council Chambers—to discuss District powers.

For more information call the District office at 649-4866.

Women's History Week Planning Session Is Scheduled

There will be a meeting of the Planning Committee for Women's History Week, 1985, on Thursday, January 24, at the New Monterey Neighborhood Center, Lighthouse and Dickman Avenues, New Monterey, at 7:30 p.m. Women and organizations interested in participating in Women's History Week are cordially invited to attend.

For further information call Leslie Simon at 375-2940, or Linda Freundlich, 375-3966.

Senior Nutrition Program Changes Phone Numbers

Phone number for the Senior Nutrition Program of the Alliance on Aging have been changed. The new numbers are 424-4884 or 372-6640. All other Alliance on Aging numbers remain the same.

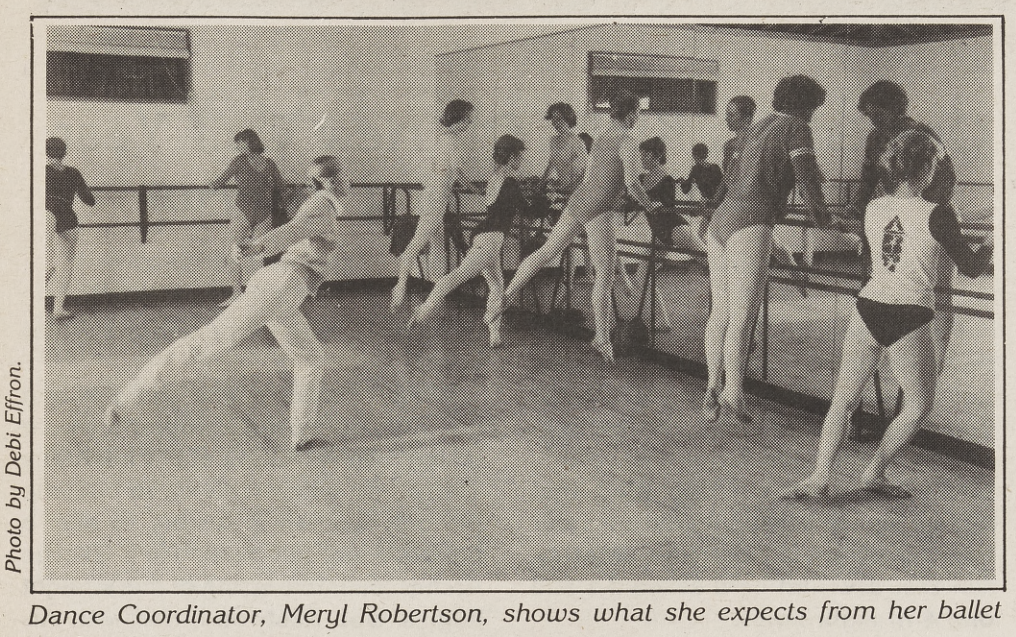


Photo by Debi Effron.

Dance Coordinator, Meryl Robertson, shows what she expects from her ballet students.

Hidden Valley Offers Ballet Classes

Come learn to dance, invites Meryl Robertson, Dance Coordinator for Hidden Valley Music Seminars. The Carmel Valley institute of the arts is now offering beginners, advanced beginners, and intermediate classes in ballet to Peninsula area women.

Classes meet from 8:30 to 10 a.m. Mondays, Wednesdays and Fridays. Beginning classes also meet Wednesday evenings from 8 to 9:30 p.m.

Besides learning ballet, students gain more confidence from being more graceful, feeling physically fit and being more trim. The class fee is $25 for a five-lesson ticket.

Meryl Robertson teaches the Wednesday classes while Patsy Wester teaches the Monday and Friday classes. Ms. Wester received her training from the Metropolitan Opera Ballet School.

Hidden Valley Music Seminars is located on Carmel Valley Road at Ford Road. Prospective students are welcome to visit the classes while in session.

For more information call Mrs. Robertson at 659-3115 or 659-4344.

Susan Sachs Will Offer Dance Workshop

Dance instructor, Susan Sachs.

Susan Sachs, popular local acting and dance instructor, will conduct an innovative performing arts workshop program entitled 'Rhythm and Rhyme' at the Carmel Ballet Academy in Carmel. The workshop continues for eight weeks beginning February 4, and is open to actors and dancers, ages 8-18.

The workshop will focus on creative movement and expression. Students will be classed according to age and experience. Performance opportunities will be offered in the Spring.

Ms. Sachs has worked extensively as an actress, dancer and choreographer. As Dance Specialist with the National Endowment for the Arts Artists-In-Schools program, Ms. Sachs toured throughout the country, teaching young people of all ages.

To register or for more information call Robin at 375-7075 between 5:30 and 8 p.m. daily.

Learning How Cope With Arthritis

Nationwide, one out of every seven people is affected by arthritis and as many as 250,000 children have it in some form. In Monterey County alone, there are approximately 40,000 people who have the disease, but no one really knows what it is.

Literally, arthritis means inflammation of a joint. But, regardless of its literal definition, to those who suffer from the disease, it means pain.

To help arthritis sufferers deal with their pain, the Monterey Chapter of the Arthritis Foundation will offer a six-week self-help class beginning February 5 at the Carmel Valley Manor. The class, which is open to anyone, will meet at 1:30 p.m. on six consecutive Tuesdays. The fee is $15 but there are scholarships available.

"The main problem with arthritis is no mater which one you have there is continual pain and stiffness," said Maria Weber, R.N, who will be teaching the class. "The class is for people who wish to do something about their illness and learn how to cope with their pain."

The course, designed by the Stanford Research Institute, teaches people how to fight the negatives of the disease with plusses. "Mind over matter in a way," said Mrs. Weber. "Very easy to say. Very hard to do."

According to Ms. Weber, to overcome the disease, you first have to understand it. Those who have it are caught in a vicious cycle. "When you have pain you are under stress. Because you hurt and are stressed, you get fatigued. These three factors lead to depression. The course is designed to break the cycle," she said.

Mrs. Weber got involved in the Arthritis Foundation when she and her husband moved to the peninsula five years ago. She is a board member and is also responsible for all the self-help and public education programs as well as fund raising for the organization. She is a Registered Nurse and also holds a Masters degree in Biology.

Mrs. Weber has a personal concern for arthritis sufferers. She is a victim of the disease herself.

Suffering from Rhuematoid arthritis, Mrs. Weber said the most difficult part of the disease is convincing people that she really is ill. "When you have arthritis "you don't look sick," she said.

She explained, that people are not aware that those who have arthritis not only suffer from chronic pain, but they get tired very quickly, their immune systems are out of whack and they have to learn to lead different lives, to accept and cope with their cronic pain. "If I had a green horn and purple spots, something they can see, people would say I can understand why she's grouchy and depressed. Pain is not visible," she said.

Because of her training and her disease, Mrs. Weber has participated in a study group doing research on pain. "Pain is something very intangible. What color does pain have? What sound does pain have. Why is this happening? I'm not just content with just the facts. I like to know why," she said.

According to Mrs. Weber, the color of pain is "black," She found that those she tested with had one thing in common, when they ended their study group for the day they all went home and changed to very light pastel clothing.

As yet, research has found no cure for the disease and Mrs. Weber doesn't believe in miracle cures.

"In Arthritis, you have periods of inflamation and periods of remission. Suddenly it will all go away. We don't know why. We don't know how, or when it's going to be coming back," she said.

"Very often people have done something and by coincidence, it (their Arthritis) will go into remission. Unfortunately after a period of time the disease will come back," she said. "There is no cure."

For those that believe in non-

Continued on page 19

design and paste-up of camera-ready art
TURNER graphics
1 W. Carmel Valley Rd.
659-2950

Dr. Kirk Allen
Dr. Darryl Burns
Announce the opening of their office for the practice of
PODIATRIC MEDICINE
Immediate Medical & Family Care Center
14 Ford Road
Carmel Valley
By Appointment
659-4493

Mon.—Fri. 9:30—5:30
Sat. 11—5, Closed Sun.
625-0210
PACIFIC FOTO EXPRESS
1 FREE 5x7 Print
with every 35mm roll developed and printed
KIS PHOTO
FAST PHOTO CENTER
110, 126, 35 AND DISC ON KODAK PAPER
1 HOUR OR SAME DAY SERVICE
Let us take care of your other camera needs: movies or slides developed.
MID-VALLEY SHOPPING CENTER
(Next to Hacienda Hay & Feed)

Crosby Pro-Am
January 28—February 3

Sports stars and celebrities will be heading up the cast of amateurs set to play in the 44th annual Bing Crosby National Pro-Am the week of January 28-February 3rd at Pebble Beach.

From the sports arena will be Cris Bahr, Johnny Bench, Dwight Clark, Edward deBartolo, Jr., Bob Griese, Ken Anderson, Bob Lurie, Willie McCovey, Willie Mays, Donald Strock, Don Sutton, Tommy John, Peter Ueberroth, Arthur Ashe and Stan Smith.

Competing from the entertainment world will be Charley Pride, Johnny Mathis, Hal Linden, Ken Howard, Larry and Rudy Gatlin, Steve Forrest, Vic Damone, Pat Boone and Jim Lange.

The field of 168 amateurs will be paired with 168 touring professionals in the 72-hole tournament over the Pebble Beach, Cypress Point and Spyglass Hill courses. The professionals will be competing for $440,000 prize money.

Shoot Out For The Crosby Pro-Am

The Bing Crosby National Pro-Am Shoot Out will be held Tuesday, January 29th, 2 p.m. at the Pebble Beach Golf Links.

Shoot Outs are held at numerous other PGA Tour sites, but never here before.

The format is that six professionals play five holes (#1, #2, #3, #17, #18) and one player is eliminated each hole until there is just the one winner after the 18th. Prize money will be $7,500.

Already entered in the 5 hole match are Hale Irwin, defending Crosby champion; Mark O'Meara, number 2 on the 1984 money list; Tom Kite, Jr. former Crosby winner and fifth on the list and Lee Trevino, playing here for the first time in many years. Two more players are to be named.

The regular Tuesday practice round ticket ($10) or Season Badge includes the Shoot Out. Tickets can be purchased at all Pebble Beach gates that day.

Oosterhuis Kicks Off New Golf Year By Winning Spalding Pro-Am

For the second time in three years, Peter Oosterhuis kicked off the new golf season by winning the $200,000 Spalding Invitational Pro-Am last Sunday at Pebble Beach.

In the midst of a strong wind that kicked up and disappeared an hour later, Oosterhuis began an amazing run that saw him card seven 3's and one 4 in eight holes.

"And that four was for a birdie," said defending champ Johnny Miller, who closed with four birdies of his own in the last five holes to finish at 278, four strokes back of Oosterhuis' winning total of 24, 13-under-par over three Monterey Peninsula golf courses.

Oosterhuis, 38, earned $40,000 and became the second man in 13 years to win the Spalding twice, joining Rod Funseth. His 69 at Pebble Beach Sunday included four straight birdies on 8 through 11, four of the toughest holes in golf.

While Oosterhus was going wild in the wind, his closest competitors were taking themselves out of it: First Kathy Whitworth, with a chance to become the only woman in history to beat a field of men, fell back. Then George Archer ran into a string of five straight bogies. Bob Eastwood, tied with Archer and Whitworth going into the final day, also had his troubles.

In the end, it was Oosterhuis on top, followed by Miller in second, Mark O'Meara, Eastwood and Archer tied for third, and Whitworth, Mark Brooks and Tim Norris tied for sixth. Whitworth's finish was the highest by a woman in the history of the Spalding.

We hope you enjoy the 1985 golf year. The Spalding certainly got it off to a fine start.

Boronda 4-H Will Host Open Schooling Horse Show

The Boronda 4-H Club of Carmel Valley will be hosting its 4th annual 4-H and Open Schooling Horse Show on February 17, at the Carmel Valley Trail and Saddle Club.

This one day, all English show offers 30 classes including five pony only classes. Most classes are divided into four age groups: 10 and under, 11-13, 14-17, 18 and over. Ribbons will be awarded through fifth place. There will also be five High Point of the Day trophies and five Reserve trophies. This includes a Pony High Point and Reserve.

This schooling show is not for 4-H members only. This show is for anyone who owns, leases or can borrow a mount. Clean barn clothes are to be worn.

The entry fee is $20 for the day per horse/rider or pony/rider combination or $5 per class. Spectator admission is free.

For more information call 624-1015.

Sierra Club Outings Planned

Sierra Club outings for the first part of February have been announced. Included will be a February 2 hike, an Elephant Seal excursion on February 3, an outings meeting on February 4 and a cross country ski at Yosemite February 8—10.

The February 2 hike will start at Sprig Lake on Hecker Pass road. The hike covers approximately six miles up and along the ridge. Participants will meet at 9 a.m. at Watsonville Square in Watsonville and carpool to Sprig Lake. Lunch, water and a $2 carpool donation are suggested. Hike leader is Nancy Hallman 724-7169.

On February 3, club members and guests will visit the Ano Nuevo State Reserve for an Elephant Seal excursion. Participants will meet at 10:15 at the Santa Cruz Metro Center. Funds for bus fee and excursion are needed. The outing is limited to 20 and reservations may be made by calling Al Crawley at 426-9377 after 6 p.m.

Sierra Club members are invited to attend the "Outings Meeting" scheduled for February 4 to plan the spring outings. Call 423-1032 for more information.

Reservations are limited to 12 for the February 8-10 cross country ski at Yosemite. Call Tom Long at 662-3632 for more information.

The outings information is courtesy of the Ventana Chapter Sierra Club.

Carmel Valley Rents

below gunsmith, across from the Chatterbox

TALBOTT BLDG.
Carmel Valley Village
8-6 MON-SAT 8-4 SUN
659-2284

We've got what you need for any occasion!

• Helium & Helium Balloons
• Bean Pots • Corn Pots
• Bar-b-que On Wheels
• Beer Kegs • Coffee Pots

Chairs, Tables, China, Flatware, paper napkins & plates...Everything

Anything you want for your party with 4 days notice.

CARMEL VALLEY FLOORS

Factory Direct To You!

25 Years Quality Installation of All Major Lines of Carpet and Vinyl

Firth • Magee • Pepperell • Congoleum • Armstrong • Mannington • Ozite

Also Hardwood & Ceramic Tile Floors

Visit our new retail store and showroom
See the most current products

Free Estimates by Appointment

ALSO OPEN SATURDAY BY APPOINTMENT

Village Dr. & Carmel Valley Road 659-4517

KAZU Radio Returns To The Air

Non-commercial radio station KAZU-FM in Pacific Grove resumed broadcasting recently after being off the air for seven weeks because of technical and financial problems.

The community-owned public radio station, which broadcasts at 90.3 FM, is continuing its fundraising efforts in order to install additional new equipment, said Dave Norman, president of the KAZU board of directors.

The station was first crippled when its transmitter was struck by a bolt of lightning in October. A winter storm damaged other transmitting equipment on November 12.

One contribution of $2,000, several loans and "many small contributions" provided the money to solve the immediate technical problems and allow upgrading of key equipment at the radio station, Norman said.

The station also received a $1,500 grant from the Bing Crosby Youth Fund, which, under the terms of the grant, will be used to purchase a typewriter, new records and other items for the station.

KAZU, which serves the Monterey Bay area and Salinas Valley, is supported primarily by listeners and business patrons. It broadcasts a variety of music and public affaris shows, with a staff of between 60 and 80 volunteers doing all of the programing and much of the support work for the station.

Additional information about the station is available by calling station manager Barbara Shuler or writing KAZU at P.O. Box 206, Pacific Grove 93950.

Entries Are Now Being Accepted For Local Poetry Contest

Creative With Words Publications is sponsoring its 10th anniversary annual poetry contest which is open to all local poets. The deadline for entries is August 31, 1985.

Poems entered in the contest can be any style and any topic. They should be no less than 10 lines (maximum 20 lines) and no more than 42 characters per line. The fee is a self addressed, stamped envelope and one self-addressed-stamped postcard. Poets may enter as often as they wish but only one poem/poet can win.

Prizes include a $50 grand prize. Other prizes are $20, $10, $5, ten $1, ten $0.50; plus Honorable Mention. Winning poems will be published by Creative With Words Publications.

CWWP is also looking for poetry and prose written by children for a special anthology titled, *We Are Authors, Too!*

For more information write: Creative With Words Publications, P.O. Box 223226, Carmel, CA 93922.

Sandra Smith Appointed As Administrative Aide For Supervisor Karin Strasser Kauffman

Karin Strasser Kauffman, 5th District Supervisor, has announced the appointment of Sandra M. Smith of Pebble Beach as her administrative aide. Mrs. Smith has been a resident of the Monterey Peninsula for the past 8 years. During this time she has been an active member of the League of Women Voters of the Monterey Peninsula, serving as the chapter's president from 1981 to 1983. In 1984 she was campaign coordinator for Mrs. Strasser Kauffman. Currently she is a member of the Finance Committee of the League of Women Voters of California.

Mrs. Smith is married to Stanley Smith, an insurance broker. They have one daughter, Laura, age 14.

In her duties as administrative aide to Supervisor Strasser Kauffman Mrs. Smith is available in the Supervisors' offices located in the Monterey Courthouse, 1200 Aguajito Road, Monterey, or at telephone numbers 649-6513 and 649-6515. Office hours are from 9 a.m. to 5 p.m. each weekday.

Helen Hempel Appointed As Fourth District Supervisor's Administrative Aide

Carmel Valley resident, Helen Hempel has been appointed as administrative aide to 4th District Supervisor, Sam P. Karas. Mrs. Hempel has been a Monterey County resident since 1971. Currently chair of the Monterey County Commission on the Status of Women, she has also been active in the Carmel Valley Property Owners Association where she had the opportunity to become familiar with land use planning. Her other affiliations include membership in the League of Women Voters of the Monterey Peninsula and on the Board of Directors of the American-Scandinavians of California.

Mrs. Hempel earned her Bachelor's and Master's degrees in Slavic Languages and Literatures from the University of California, Berkeley. She was awarded her Ph.D. in Linguistics from the University of Pennsylvania.

For the past several years, Mrs. Hempel and her husband, Val, a former publishing executive, have operated their own business as authors and consultants to the publishing industry in the United States and abroad.

In her duties as administrative aide to Supervisor Karas, Mrs. Hempel is available in the Supervisors' offices located in the Monterey Courthouse, 1200 Aquajito Road, Monterey, or by calling 649-4141 and 649-4142. Office hours are form 9 to 5 each weekday.

Crosswords PLUS

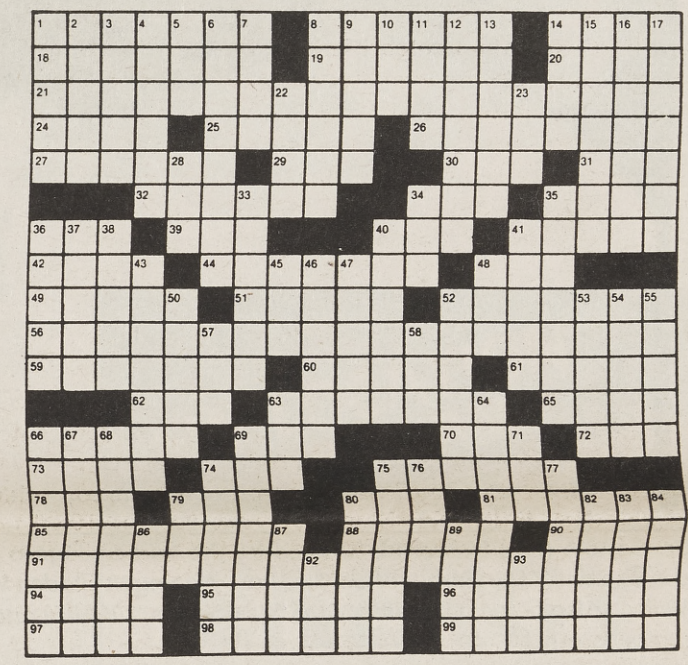
Edited by Stanley Newman
©1984 American Crossword Federation

(Editor's note: Crossword solvers are welcome to write Crosswords PLUS editor Stanley Newman with any questions pertaining to this issue's crossword or crosswords in general. All queries will be answered. Write Stanley Newman, American Crossword Federation, 443 Park Ave., South, New York, N.Y. 10016.)

Limping Along, by Henry Hook

ACROSS
1 & 8 Author of the quote herein
14 Uppity sort
18 Trembling
19 Moderate red
20 See 26 Across
21 Start of quote
24 *Hawaii Five-O* star
25 Less friendly
26 With 20 Across, electric bill unit
27 Actor David Ogden _____
29 Moon unit?
30 Lets touch this
31 _____-di-dah
32 Line-up
34 Perp. to vert.
35 Short-legged pooch
36 *The _____ Daba Honeymoon*
39 Harvarder's rival
40 Cockney bloke
41 Scrooge
42 Muskegon's st.
44 Occurring near Christmas
48 Grumpy coworker
49 Nome dome home
51 Eye: Prefix
52 Early riser?
56 Middle of quote
59 Nobody in particular
60 Pate bases: French
61 Attach a patch
62 Monterrey Mme.
63 Romeo's cry
65 Man of Maribo
66 Mosquitoes, e.g.
69 _____ City, Okla.
70 "_____ am a cook and a captain bold"
72 Absolutely
73 Partner in crime
74 Pectoral pouch
75 Mazuma
78 Strasberg or Iacocca
79 Wrath
80 Bow-wow!
81 Card game
85 Short-circuit cause
88 Salten allegory
90 Manolete's foe
91 *End of quote*
94 "Take _____ from me"
95 Prop for El Cordobes
96 Get back together
97 Soaks fiber
98 In _____ (extremely)
99 Met at the door

DOWN
1 Chicago's Lou
2 "_____ an arrow . . ."
3 *Objet d'amour*
4 Set up roadblocks
5 One of Frank's exes
6 With neglect
7 Blood count, for short
8 Give _____ (root)
9 Get new guns
10 Obsolescent title
11 Sty cry
12 Capt. Vere in *Billy Budd*
13 More authentic
14 Ed Sullivan's program?
15 Border city in Mexico or Arizona
16 Unusable film clip
17 In Spanish it's *hermano*
22 A view from the barge
23 Random drawing
28 Essence of caviar
33 _____ on (drink)
34 Newman flick
35 Stinko
36 Not right somehow
37 "You're too _____ cry"
38 Exemplar of happiness?
40 Esoteric knowledge of spiritual truth
41 Night workers
43 "A lonely word," to Billy Joel
45 *"Mein Gott!"*
46 Pitiable
47 Ness
48 Cartoonist Browne
50 Bloodhound's discernments
52 "_____ the million things . . ."
53 Sinatra smash
54 In harmony
55 8 days before the ides
57 _____ budget
58 Summer sign
63 "Soon to _____ major motion picture"
64 Malamud novel
66 One of the Hale Observatories
67 Hike
68 Deceitful, to Burns
69 Concoct
71 "_____ little teapot"
74 Witch craft
75 Corneille's output
76 "All _____"
77 Properly pitched
79 They: French
80 Opposite of "intensify"
82 In Italian it's *sedere*
83 Mountain ridge
84 Able to smell
86 Congress types: Abbr.
87 Crème-crème connection
89 Titanic problem
92 Digital readout
93 Prop for Steve Mizerak



See Answers Page 16

SEPTIC SYSTEMS
Golden Valley
& EXCAVATING

★ RADIO DISPATCHED ★

- Complete sewer, septic and drain line servicing
- Complete septic tank pumping
- New installations and repair of existing systems
- New pump systems and maintenance plans
- Drainfield and seepage pit installations
- Complete snaking service and electronic location of lines
- Peninsula distributor for Fiber Erectors fiberglass tanks Septic•water•vaults

Dan Weiss
9 Delfino Place
Carmel Valley, Ca. 93924

659-2539

State License No. 342261

Residential - Commercial - Industrial
Also, tractor work, truck hauling, rock, sand, D.G., diamond saw cutting, and air compressor work.

Complete Real Estate Loan Inspections

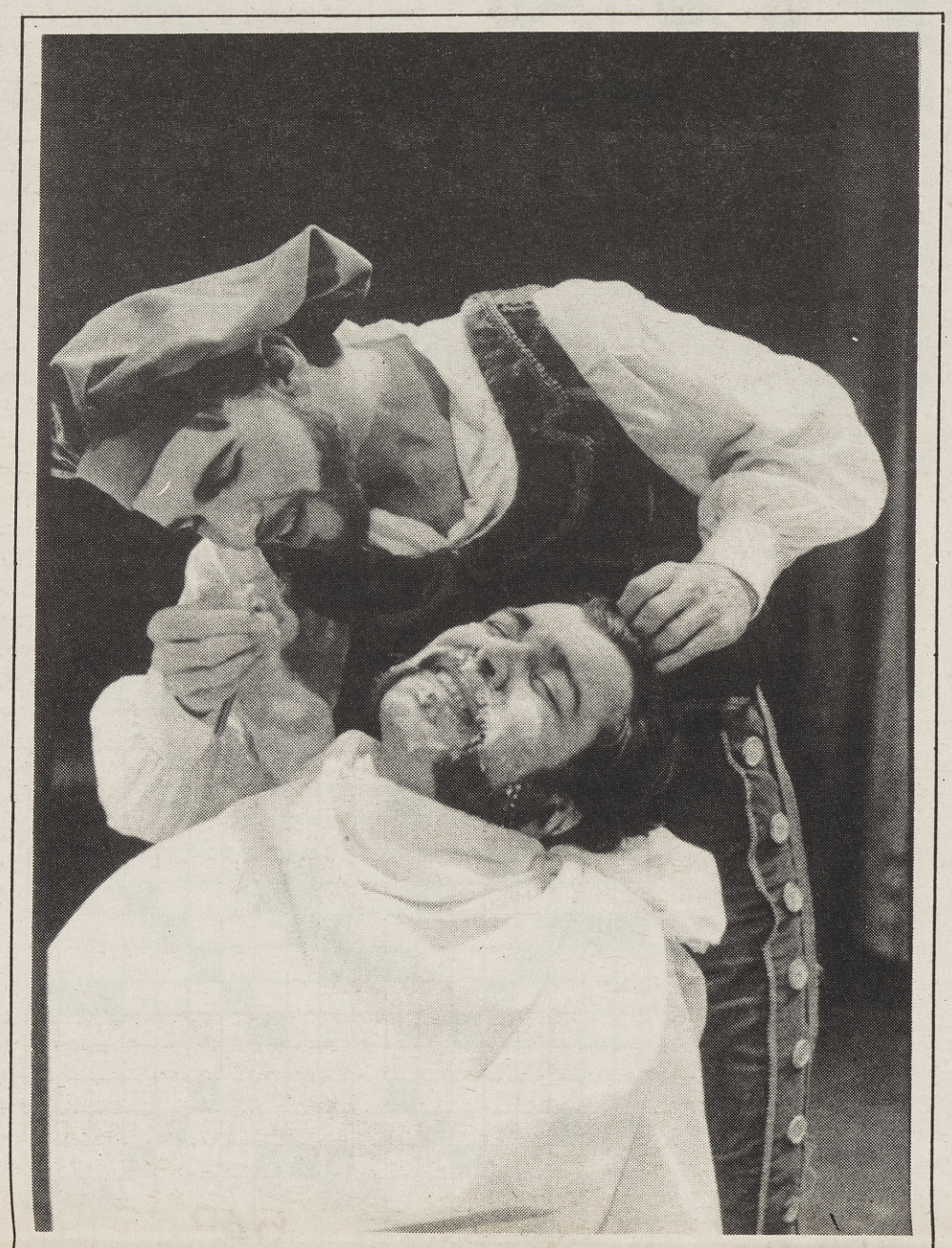
PACIFIC COAST EXCAVATIONS
P.O. Box 161, Carmel Valley, CA 93924
659-4033 or 659-2237

• Grading
• Paving
• Oil & Gravel
• Septic Systems

Trenching •
Drainage Work •
Pipe Lines •

Free Estimates

ENTERTAINMENT



Dr. Bartolo (Reg Huston) is shaved by the barber, Figaro (Robert Mattern) in the comic opera "The Barber of Seville" now playing at Hidden Valley Theatre in Carmel Valley. Also being presented is the Steinbeck's "Of Mice and Men" in both play and opera form.

Hidden Valley Opera Ensemble To Feature

Drama And Comedy

Opera returns to Hidden Valley featuring two firsts and an old favorite during the 10th anniversary of the Hidden Valley Opera Ensemble. This season, the Opera Ensemble is performing the Steinbeck classic *Of Mice and Men* as both a play and an opera, as well as Rossini's *The Barber of Seville.*

As a play and opera, the Hidden Valley production of *Of Mice And Men,* is the first time the two have been produced together anywhere. It is also the first production of the opera in "Steinbeck Country."

In the story *Of Mice and Men* centers on Lennie and George, itinerant ranch hands who have been chased off a succession of ranches because of Lennie's tendency toward inadvertent acts of violence. Lennie's passion to touch and his need to possess provide the basis for this tragic drama.

The opera version of this classic tale features tenor Roy Wilbur as Lennie and baritone David Dunlop as George. Soprano Karen Hall plays Curley's wife, the lonely fatale whose penchant for the bunkhouse crowd causes her demise, and Lennie's.

Three local talents head the play cast in *Of Mice and Men.* Joe Yedlicka of Salinas is Lennie, Stephen Moorer of Monterey is George, and Velvali Huston of Carmel Valley is Curley's wife.

Robert Darling, one of the co-founders of Hidden Valley, will direct both the opera and the play.

To offset the intense drama in *Of Mice and Men,* Hidden Valley will also present Rossini's *The Barber of Seville.* This opera, which has the reputation as the most universally popular comic opera, will be directed by Fred Weiss. Leading the cast will be Kathryn Weld as Rosina, who longs for her true love, Count Almaviva, played by Bruce Johnson. Robert Mattern plays the conniving Figaro who assists the Count in his wooing and Reg Huston plays Dr. Bartolo, Rosina's scheming guardian.

The play and opera performances will run through February 17. Individual ticket prices are $14 for Saturday evening performances, $12 for Friday nights and Sunday matinees, and $10 for all other performances. Tickets are available at Abinante Music Store in Monterey; Prim and Proper in Pacific Grove; Wardwell Magnavox and Jim Gattis' in Salinas; Countrywide Crafts and How to Do Anything Bookstore in Carmel or at the Hidden Valley Theater, twelve miles east of Highway 1, on Carmel Valley Road.

For ticket reservations or more information call 659-3115.

"Same Time Next Year" Continues At Studio Theatre

Continuing at The Studio Theatre Restaurant is the long running, Broadway hit *Same Time Next Year.*

The play, featuring Dick Vreeland and Nikki McKee, is a reflection of twenty-five years of American manners, morals and attitudes, mirrored by the two main characters, George and Doris.

George and Doris meet in a California inn in 1951. They are both happily married but wind up having a brief affair. After that, they agree to meet at the inn once a year. Both are faithful to their spouses except for their annual encounter.

The scenes are spaced five years apart and follow George from being an uptight, neurotic accountant to a latter-day hippie and finally returning to the establishment. Doris begins as an awkward girl and over the years becomes a young, restless housewife, a college student returnee, an over-age flower child, a career woman and finally a settled matron.

Performances are Thursday through Sunday with dinner at 7 and curtain at 8:30. On Sunday dinner and performances are one hour earlier.

The Studio Theatre Restaurant is located on Dolores between Ocean and Seventh Avenues in Carmel. Phone 624-1661 for reservations.

Closed Sunday & Monday
Open Tuesday — Saturday
10:30 a.m. — 5:30 p.m.

The Last Chance

Cards • Novelty Gifts
Party Supplies • Stationery • Office Supplies • Fresh Flower Arrangements

Village Shopping Center • 659-2760

NEWS FLASH! A FIRST!

We're going to be open for the month of January!
Brunch served from 12 Noon to 2 p.m. Dinner served from 5:30 to 8:30. Closed Wednesdays & Thursdays. **(New Hours for January Only.)** Cocktail Lounge open as usual.

PAT DUVAL SINGS FRI. & SAT. EVENINGS 9:00—MIDNIGHT

LOS LAURELES LODGE

"Serving Fine Foods & Cocktails Since 1939"

BRUNCH SERVED FROM 11:30 AM
DINNER SERVED FROM 5:30 PM

CARMEL VALLEY • 659-2233

The Monterey County Symphony Will Present Karr And Trevor In Concert Series

The third concert series of the Monterey County Symphony's 1984-85 season will be January 27, 28 and 29 with Guest Conductor Kirk Trevor and Guest Artist Gary Karr. Performances begin at 8 p.m.

The program will include "Valses nobles et sentimentales" by Maurice Ravel, "Concerto in B Minor" by Giovanni Bottesini, "Fantasia Hungarica" by Eugene Zador, and "Enigma Variations, Opus 36" by Sir Edward Elgar.

Guest Conductor, Kirk Trevor is the Resident Conductor of the Dallas Symphony Orchestra and is in his second season as an Exxon/Arts Endowment conductor with that orchestra. Prior to his appointment in Dallas, Mr. Trevor was Associate Conductor of the Charlotte Symphony and Music Director of the Youth Symphony of the Carolinas. He conducted over two hundred performances of subscription concerts, opera, ballet, chamber orchestra and the highly acclaimed Young People's Concerts. He was Music director of both the Charlotte Regional Ballet and the Charlottetowne Players opera company, and he has also appeared with the Denver, Baltimore, St. Louis, San Diego and National Symphonies and guest conducted the New Jersey Symphony in over thirty performances.

A native of England, Mr. Trevor graduated with distinction from London's Guildhall School of Music and Drama, where he was Assistant Conductor to the orchestral and opera programs. He was a scholarship cello student with Paul Tortelier. He came to the United States in 1975 on a Fullbright Exchange Grant, and was later awarded the International Piedmont Fellowship to study cello and to conduct.

Gary Karr, Guest Artist for the January program, is only the fourth concert soloist in the recorded 400 year history of the doublebass. He has popularized "the bullfrog of the orchestral lilypond", expanded the doublebass repertoire and set new standards of performance.

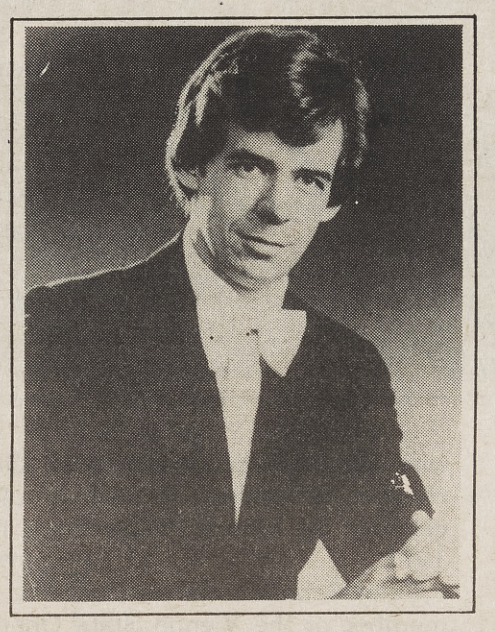
Born in Hollywood, Mr. Karr began playing on a miniature sized bass at the age of nine. While appearing at the Aspen Festival, he met Hennie Tourel, singer and teacher, who taught him to phrase like a singer and to use the doublebass as though it were a human voice. He attended The Julliard School of Music and at the same time played in the Metropolitan Opera Orchestra.

Mr. Karr's contributions to the art of the doublebass are summarized in a letter written by Leopold Stokowski:

"I have known several great artists intimately and you are one of the greatest. Technical passages for the countrabass which are impossible, you play with ease, even infusing humor. But your conception of music is far above the technical. You express things in music which no words could make clear."

The appearances of both Mr. Kirk Trevor and Mr. Gary Karr are made possible through the generosity of Mr. and Mrs. John A. McCone.

Tickets for all three performances may be obtained on a first come first served basis at the Symphony Office, located in Room 7 of the Sunset Cultural Center in Carmel. Tickets for the King Hall performance, January 27, may also be purchased at Abinante Music Store and at Do Re Mi in the Barnyard. Tickets for the Sherwood Hall performance, January 29, may be purchased at Gadsby's Music Company, Old Town Salinas, and at the Salinas Community Center Office. For more information call 624-8511 or 758-3594.



Gary Karr (left) and Kirk Trevor (right) will be featured in the Monterey County Symphony concert series.

Authentic Folk Music Will Be Presented At Cherry Hall

Authentic folk music will be presented by the Carl Cherry Foundation on Friday, January 25 at 8 p.m. in Cherry Hall, Guadalupe Street at 4th Avenue in Carmel. The concert features New Englanders Rick and Lorraine Lee with Californian Kate Wolf.

Rick and Lorraine Lee are internationally known for their authentic and irresistible style of folk music. Rick plays a unique folk style piano and old-time banjo while Lorraine is an expert and scholarly Appalachian dulcimer player. They have been performing together since 1962. With them for this concert will be singer/composer Kate Wolf with love songs, poignant ballads and songs of town and country.

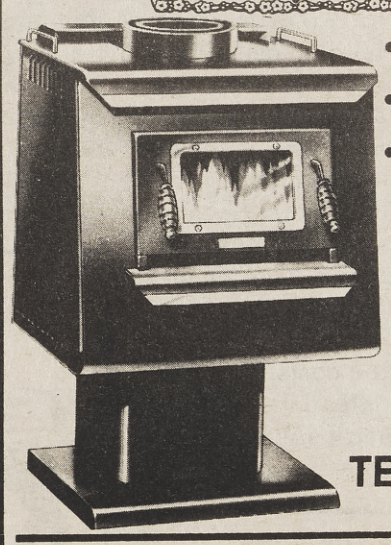
Seating is limited and reservations are recommended. A donation of $6 for individuals, and $4 for students or seniors is requested.

For further information or reservations call 624-7491.

Rick and Lorraine Lee will perform authentic folk music at the Carl Cherry Foundation on January 25. They will be accompanied by singer Kate Wolf.

(OWNER/OPERATOR)
BILL SMITH ANNOUNCES
NEW LOCATION
NEW NAME
625-1201
Formerly The Energy Shop
ENERGY-Plus
26362A CARMEL RANCHO LANE
TURN AT GREAT WESTERN/ON RIGHT

MOVING SPECIAL
with the purchase of one of these fine The Earth Stove or inserts:



- Earth Insert Model 202-BR
- Earth Stove Model 102-BR
- Earth Catalytic Stove Model 1000-C

BILL WILL GIVE you a
FREE
Solid State
SAMSUNG
12 inch, B/W, AC/DC
TELEVISION
(Stock On hand)

ENERGY-Plus FEATURES
A FULL LINE OF:
- AIR TIGHT STOVES
- FIREPLACE INSERTS
- FULL CIR. FIREPLACES
- TOOLS & GRATES

SUNSET, CUSTOM DESIGNED FIREPLACE FIXTURES

Plus SAMSUNG
REFRIGERATORS • AUDIO PRODUCTS • MICROWAVE OVENS • B/W OR COLOR T.V.

Vienna Octet Will Perform On February 9

The Chamber Music Society of the Monterey Peninsula will present the Vienna Octet on February 9 at 8 p.m. at the Sunset Theater, San Carlos and Ninth, Carmel. The program will include UHL's Tanzstuecke, Mozart's Quintet in A major for Clarinet and Strings, K. 581, and Schubert's Octet in F Major for Strings and Winds, Op. 166, D. 803.

The Vienna Octet was organized in 1973. At that time the group was called the New Vienna Octet to avoid confusion with the renowned earlier Vienna Octet which had retired from performing. The Vienna Octet consists of soloists and section leaders of the Vienna Philharmonic and has performed in all the music centers of Europe. In 1982 the Octet made a four week tour of Japan. The ensemble records exclusively for London/Decca records. Their recording of the Schubert Octet, the principal work of this evening's program, has brought them world wide recognition.

Members of the Octet, all alumni of the highly respected Vienna Academy of Music, are Werner Hink, violin, Mario Beyer, violin, Joseph Staar, viola, Friedrich Dolezal, cello, Alois Posch, contrabass, Fritz Faltl, bassoon, Peter Schmidl, clarinet, and Guenther Hoegner, horn.

Werner Hink, violin, became a member of the Vienna Philharmonic in 1964 and has been its concertmaster since 1974. He is also first violinist of the Vienna String Quartet.

Mario Beyer, violin, joined the Vienna Philharmonic in 1962 and has been first violinist of the Vienna Radio String Quartet. He has played with the Vienna State Opera Orchestra and the European String Quartet.

Josef Staar, viola, joined the Vienna Philharmonic in 1955 and became its first solo violist in 1965. He also has been soloist with the Vienna State Opera Orchestra.

Friedrich Dolezal, cello, while still studying for his master's Degree under Enrico Mainaldi became solo cellist with the Theatre an der Wien Orchestra. He was appointed first solo cellist of the Vienna Philharmonic in 1973.

Peter Schmidl, clarinet, became a member of the Vienna State Opera Orchestra in 1965 and has been solo clarinettist of the Vienna Philharmonic since 1968. Mr. Schmidl has been a professor at the Vienna Academy, is a member of the Vienna Solisters, and has recorded for Decca and DGG.

Guenther Hoegner, horn, became solo horn of the Vienna Philharmonic in 1970 and had previously held that position with the Vienna Volksoper and the Vienna State Opera Orchestra.

Single tickets are $8 at the door before the concert. For information and membership in the Chamber Music Society call 372-5981.

Monterey Peninsula Choral Society Will Begin Rehearsals

The Monterey Peninsula Choral Society, under the direction of David Rupert, will begin rehearsals for its spring concert. The Society has selected Mendelssohn's *Elijah* as its spring offering.

Rehearsals will be held each Wednesday from 7 to 10 p.m. in Room M-10 at the Monterey Peninsula College beginning January 23. Men and women with good singing voices and the ability to read music are invited to attend. No auditions are held.

Participation in the Choral Society is offered as a class through MPC and college credit is available. The college imposes a fee of $15 for the class, and the Society asks a donation of $5 per semester to cover the costs of music and choir robes. Attendance at all rehearsals and participation in the public performance at the end of the semester is required.

The Monterey Peninsula Choral Society was started by former Symphony Conductor, John Gosling, in 1962. It was incorporated as a non-profit organization in 1965. During this period it performed with the Monterey County Symphony Orchestra as guest artists. From 1968 until 1983, the Choral Society was directed by Haymo Taeuber. He retired after the Society's spring, 1983 concert.

More information may be obtained by calling 625-5610.

PHIL WRIGHT, JR.
SEPTIC TANK SERVICE
• TANK PUMPING • REPAIRS
• LINE CLEANING • TANK INSPECTION • PUMP REPAIRS
DAY: 659-2335
NIGHT: 659-2421

Ryans
Carmel Valley CLEANERS
White Oak Plaza
659-4922
There IS a difference in dry cleaning...
"And we're striving to serve you better."
★ Same Day Service
(If in by 11:00 a.m., out by 5:00 p.m.)
★ Free take down & re-hang for draperies
REASONABLE PRICES

OAK DELI
AVAILABLE NOW
ODWALLA JUICE
In Pints
FRESH SQUEEZED
Orange Juice
FRESH PRESSED
Carrot Juice
FRESH HONEY
Lemonade
ORDER NOW
½ Gal. & Gallons
FRESH GRAPEFRUIT
FRESH AMBROSIA
(Orange, Coconut, Banana, Grape)
VEGETABLE BLENDS
A) Carrot-Celery-Cucumber-Parsley
B) Carrot-Celery Beet-Beet Greens
ORGANIC
Wheatgrass
Tangerine
Strawberry Lemonade
Pomegranate
Pressed Grape
Pineapple
Cranberry Apple
Blackberry
659-3416
Sunday
8:30 A.M.—11 P.M
Monday—Saturday
7:30 A.M.—11 P.M.
Located in the Village on Carmel Valley Road

New Exhibition Will Feature AFRICA

It is rare when a gallery has the opportunity to present works of an extraordinary nature, by a person of significance; from an area that commands worldwide attention. The photographs of Brigitte Kennett, taken in and of Africa present such an exhibition and will be featured at the Daniel David Derr Gallery at 10 East Carmel Valley Road, in the Village.

Born and educated in Germany, Kennett became an industrial photogrpaher at an early age, with international clients, a creative eye, and an intense desire to record all that came before her. In an era of relative calm, she began safaris to Africa when time permitted, accumulating a vast amount of work portraying the raw beauty and pathos of that continent. Inevitably, she settled in Kenya, became part of the social, creative, and conservationist community, continuing her photography with the freedom allotted to the very few.

With her alliances with the East African Wildlife Society, the Orchid Society, and the Flying Doctors' Society, she delved deeper into the preservation, educational, and environmental problems of the African people, offering her social and professional status to obtain an international audience to the growing enigma we all recognize today. Her work has been instrumental in the extension of concern toward African life, from the smallest plants and animals to cultural growths, such as the Kenyan National Ballet. After leaving Kenya in 1980, she relocated to Carmel Valley, where she lives with her husband, dogs, an African Grey parrot, and an enormous selection of photographs, a life's work of depth and breadth protraying what may well be the last traces of beauty of a troubled continent.

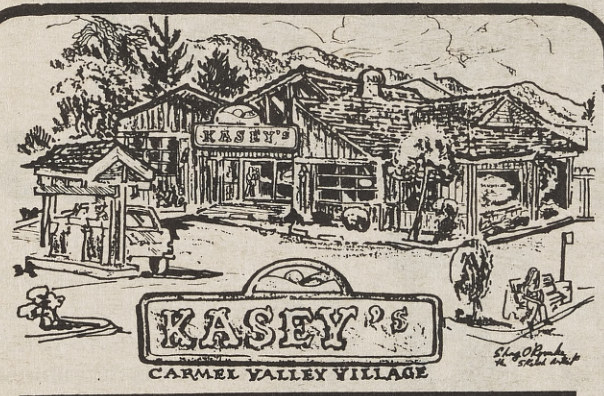
The photographs contain classic approaches to the wildlife habitat, living patterns, and interdependence of species. The primitive inhabitants are shown in their innocence and dignity. Although not shown directly there is an underlying pathos that appears in faces of both humans and animals, even the very dust of the earth itself. Color is rich in its variety and intensity. Subjects treated with a feminine receptivity, and the clarity of early industrial work. In review one is left with the sense of witnessing something timeless, yet diminishing, old but emerging, determined and destined.

Masai dancers will be among the photographs of Brigitte Kennett that will be featured at the Daniel David Derr Gallery. The exhibit will continue through February.

Brigette Kennett has devoted a life, in this, hopefully extending life, in an area that has been known to be the origin of life.

Opening receptions for her exhibition are February 1 at 7:30 p.m. and February 3 from 1 to 3 p.m. The exhibit runs through February; gallery hours are irregular. Call first, 659-5586.

Nails by Rene
with
ACRYLICS $40.00
you receive
FREE PEDICURE
The Village Beauty Shoppe
Call 659-2725 or 659-2844
afternoon or evening appointments



You Want It?
We've Got It!

Scotch • Bourbon
Gin • Vodka • Brandy
6 PAK
COKE
$1.99 plus tax
We also have groceries, sundries and gasoling—(the only Premium Leaded in the Village)
OPEN 6:30 a.m.—11 p.m. Daily
659-4264

GRAND OPENING SPECIAL
5 lbs.
FREE
WITH
THIS AD
7 a.m. to 7 p.m. MON—FRI
9 a.m. to 4 p.m. SAT

$.75/lb.
for 24 hr. service
$.85/lb.
for same day service—
in by 9:00 a.m.
out by 7:00 p.m.
Expert Wash & Fold
Satisfaction Guaranteed
12 years experience
"We know how to do it right"
Your laundry FREE if not back when promised
Your "fluff & fold" comes back wrapped
Shirts/pants on hangers & covered with plastic
Special pressing & starching done on request
We will also follow special instructions
Free pick-up & delivery
(within 5 mile radius of Village)
New Wave LAUNDRY
57 W. Carmel Valley Rd./659-3874
(next to "Dynasty" Restaurant)

Usually on the other side of the Camera, Debi Effron, got her picture snapped this time. Her photograph (in the background) was among the 100 photographs selected for the Monterey Peninsula Museum Photography exhibition which will continue through March.

Museum Of Art Announces Photo Competition Winners

Santa Cruz resident Ted Orland's three untitled photographs have been chosen as "Best of Show" by Juror Pirkle Jones in the Monterey Peninsula Museum of Art's Third Annual Northern California Juried Photographic Competitive.

Jones, a former assistant to Ansel Adams and an instructor at the San Francisco Art Institute for over 30 years, considered more than 300 photographs in choosing Orland's for the Best of Show award.

Categories judged within the competitive included Professional and Amateur Black and White, Color, and Alternative Process photographs.

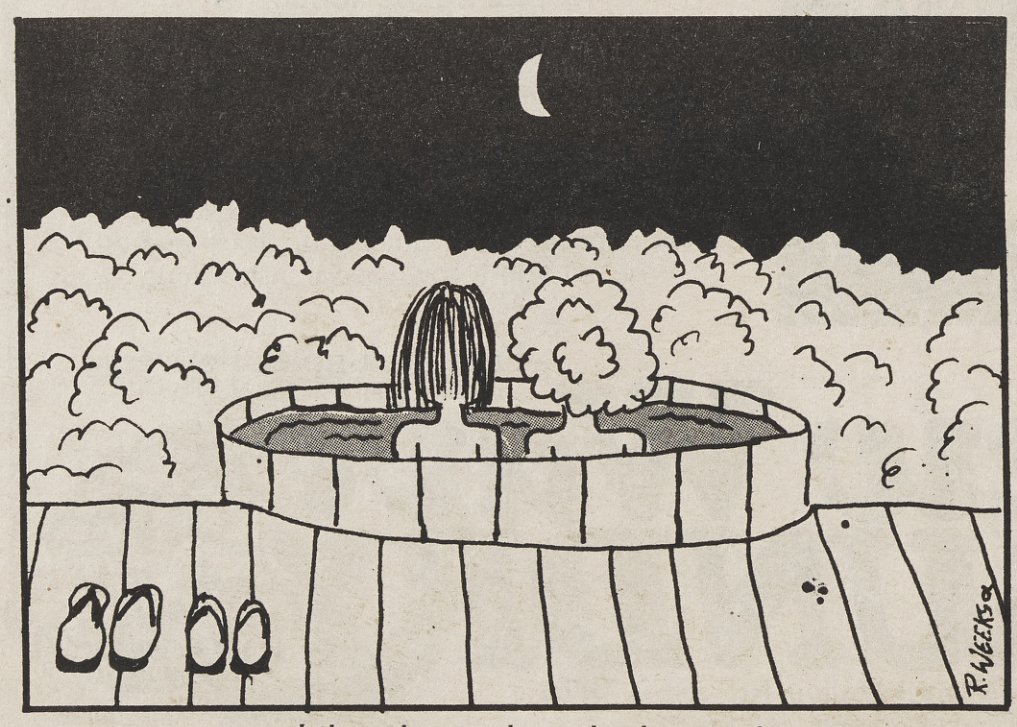
Professional categories included first prize winners Ron Starr for Black and White, Lestar Zucchini for Color, and Ted Orland for Alternative Process. Second place winners included Scott A. Peters for Black and White, Hugh Steimle for Color, and Tom Millea for Alternative Process. Third place winners included Gary Geiger for Black and White, Roger Fremier for Color, and Lestar Zucchini for Alternative Process.

First place winners within the Amateur categories included Maggie Keating for Black and White, William Kirk Moore for Color, and Sally Wetherby for Alternative Process. Second place winners included Petra Davis for Black and White, Christopher Sullivan for Color, and Nick Robertson for Alternative Process. Third place winners included Ken Sekiguchi for Black and White and Teresa Hack for Color.

Jones, in selecting photographs for the exhibition, chose approximately 100 works from the more than 300 entries. Those works will remain on display in the Museum, at 559 Pacific Street in Monterey, through March 10.

The Museum is open Tuesdays through Saturdays from 10 a.m. to 4 p.m. It is closed Mondays and holdiays.

OUT IN THE VALLEY by Rodger Weeks



I thought you brought the towels.

Alliance On Aging Meeting Are Held Every Friday

Members of the Alliance on Aging and guests are invited to participate in the organization's weekly gatherings. They meet each Friday at 11:30 a.m. at the Pacific Grove Community Center. Each meeting features a guest speaker and lunch.

Speakers scheduled for February include:

Margaret Barnes, D.O. (retired) is the February 1 guest speaker. Dr. Barnes will present "Pitcairn Island—Through Stamps and Stories."

"Alaska Before and After Statehood, Part II" is the presentation scheduled for February 8. The slide show and discussion will be led by Traveler/Writer Gladys Howard.

"Elderhostling in England and Wales" will be presented by Violet Beahan on February 15. Ms. Beahan is a traveler.

Travelers Charles and Lettie Leffingwell are the featured speakers for February 22. Their presentation will be "Far Away Places with Strange Sounding Names."

For more information on the Alliance on Aging call 649-1222.

Women's History Week Events

Deadline For Arts And Crafts Fair Screening Is February 5

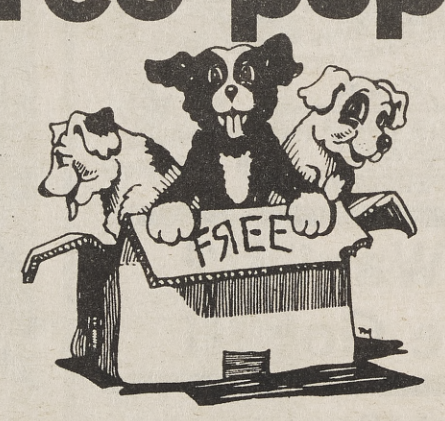
Women's groups throughout Monterey County are planning to celebrate national Women's History Week, March 3-9, 1985, at Monterey Peninsula College. Participating organizations include the Professional Women's Network of the Monterey Peninsula, YWCA, Demeter Resources, National Organization of Women, Radio Station KAZU, League of Women Voter's, CircleVision, Peace Dialogue, Sorooptomist International of the Monterey Peninsula, Planned Parenthood, Reproductive Rights Coalition, Montercy Institute of International Studies, Monterey Peninsula College Women's Studies Department, Carmel Valley Women's Resource Center, Amnesty International—Monterey and Salinas Chapters, Monterey County Office of Education, Stanford Heart Disease Prevention Program, and the National Women's History Project from Santa Rosa.

Among the many events planned for Women's History Week are an Arts and Crafts Fair featuring local women artisans, 59 cents day, a day of Workshops sponsored by the Profesisional Women's Network of the Monterey Peninsula, a continuous Film Festival, and entertainment.

Women interested in participating in the Arts and Crafts Fair are invited to submit samples of their work for screening prior to February 5.

For further information on Women's History Week, please call Leslie Simon, 375-2940, or Linda Freundlich, 375-3966.

Avoid the high cost of free puppies



A "free" puppy or kitten is tempting . . . until you consider hidden costs.

That unwanted litter probably hasn't gotten vet care or vaccinations. You will have to provide them yourself.

The Monterey County SPCA has many dogs and cats, virtually all ages, sizes, colors and breeds.

Every one is screened to help assure you that your pet will be healthy and well-dispositioned.

All the Monterey County SPCA asks is that you have a stable, life-long home for the animal. And a small donation. That's not quite free. But it's a lot cheaper in the long run.

MCSPCA

(408) 373-2631 or 422-4721

Courtesy of the Marin Humane Soceity and Humane Media Group

CLUBS

KIWANIS NEWS

by Dr. Steve Austin

Probably the most significant event of the last month was the club learning that our first vice president, Marvin Smith, will be leaving the area. Those of you who know Marv and his wife, Marcia, are aware of the countless hours of service they have given to our community. Marv, who was recently selected as Kiwanis Man of the Year, has been a key player in every major club project in memory. His help and encouragement will be sorely missed.

We just received an announcement that our Kiwanis Bowling Team is in third place and tracking close behind the leader in a race for the win. Our team, under Captain Joe "Giuseppe" Ricupero, has trained to be one of the best in their 23-year history. They marked not only the "highest team game score," but "highest individual game score" as well. Joe's crew includes Pat Hannon, Gene Erner, Terry Williams, Otto Huebner, Nick Skalyo and A.J. Stotler. Considering the fact that they have done so well, and Joe's relentless requests, the Board of Directors recently contributed towards the purchase of new bowling shirts. Joe claims the last time we did this was 23 years ago.

The results are in from the Christmas tree sales and turkey raffle. Chairman, Gary Tate, informed the club that we netted $2,100 from this year's tree lot. Thanks again to all our regular customers for their support. Winners of the turkey raffle were: Rene McClair, Phillip Garnero, Terry Williams, and John Radon. Congratulations!

Map Project Chairman, Bill Mellon has his hands full now that Marv will not be here to handle the printing and layout arrangements for the project. Directors are working to assure that Bill has adequate help for this task, which is our next major fundraiser. During the month of February club members will be soliciting ads for this year's CV Map and Directory. More on this next month.

President Dick Atwood will be attending our Kiwanis Mid-Winter Conference in San Jose on January 26. Officers and members from all over our District will be participating.

Notable speakers this month were Mr. John Edmundson, Executive Search and Consultant who discussed the Small Business Administration's S.C.O.R.E. Also, Mr. Robert Fenton, Property Appraiser and Carmel Unified School District Trustee, spoke to us regarding the much publicized recall effort. Mr. Dick Stott of the Recall Committee was also invited to be our guest and share his views but declined after an earlier acceptance. The other guest so far this month included Dick Heuer, Director, Monterey Peninsula Water Management District, who spoke on the Carmel River dam financing.

Coming up on January 29, will be Mr. Jim Kohnke, Principal of Tularcitos School, with a school update; February 5, Mid Valley Attorney Pat Hannon will discuss estate planning; and February 12 Laurie Boone, of All Saints' Episcopal Day School, will discuss private education.

If you are interested in attending one of our meetings please contact Membership Chairman, Lou Gardner, at 659-9980.

German American Club Will Host Annual Faschingsball

The German-American Club of the Monterey Peninsula will hold its annual FASCHINGSBALL (German Mardi-Gras) celebration at 8 p.m. on January 26 at the Rancho Canada Golf and Country Club on Carmel Valley Road.

The Faschingsball, which is a costume ball, will feature dancing and merriment. Prizes will be awarded for best costumes and food and beverages will be available for reasonable prices. Dance music will be provided by the "Hollanders".

Tickets are $7 per person and are available at the Bavarian Delicatessen in Monterey, the Mecca Delicatessen in Marina, the Del Monte Pastry Shop in Del Monte Shopping Center, Sylvia's Danish Pastry Shop in the Barnyard and at the door the evening of the festival.

Proceeds benefit the Children's Services Center of Monterey County and the Monterey County SPCA.

For more information call 384-8574.

Carmel Valley Women's Club Plans A Card Party At Their Regular Meeting

The February 6 meeting of the Carmel Valley Women's Club will feature a "Card Party" at the St. Dunstan's Episcopal Church at 12 noon. Social hour begins at 11:30 with lunch served at noon. Reservations are required.

The luncheon chairman for the meeting is Amy Allen. Card Party Chairman is Helen Keene.

For more information on attending the luncheon call Mrs. Erma Behrent at 659-5142.

Women's Resource Center Offers New Classes

Already in gear after their recent opening, the Carmel Valley Women's Resource Center will be offering two classes to be held the end of January and the beginning of February. The classes will be held at the Resourcce Center on Pilot Road unless otherwise indicated.

On January 25, the WRC will offer "Deep Relaxation" led by Ellen Saxby. Ms. Saxby is an R.N and works in the field of alcoholism. She is certified in biofeedback. The class meets from 11:30 to 1 p.m.

"More About Stress Reduction" is a continuation of an earlier class offered by Marie Kassing. The class will meet from 11:30 to 1 p.m. on January 31. Ms. Kassing is a personal awareness consultant and owns the Business Women's Spirit in Salinas.

Marriage, family, child counselor, Anita Whitaker, will offer "Single Parenting or How to Deal with the Guilt" on February 6 from 7 to 9 p.m. This class will meet at the Fellowship Hall at the Community Chapel on Paso Hondo and Village Drive.

The fee for the classes is $3; for members $2; and $1 for students.

In addition to the classes, the Carmel Valley Women's Resource Center is open for drop-ins any day of the week. Special open houses featuring coffee or tea are held Tuesdays and Thursdays from 11:30 on.

For more information on the CVWRC call 659-3445.

Women's Resource Center Will Hold Membership Meeting

There will be a membership meeting of the Carmel Valley Women's Resource Center on February 5 from 7 to 9 p.m. at the Fellowship Hall at the Community Chapel on Village Drive.

The featured speaker will be Jenny Birnbach.

For more information call 659-3445.

Sunset Center Offers Yoga Classes

Yoga classes will be available at the Sunset Center beginning February 7. The class meets from 7 to 8:30 p.m. and is open to both beginners and intermediates.

The course, led by Phyllis Haffner, will include breathing techniques and stretching exercises. The $25 fee includes six classes. Pre-registration is required.

Ms. Haffner has been teaching Yoga for the past eight years. She is a recent Peninsula resident and currently lives in Monterey.

For more information or registration call 624-3996.

Get a VCR for Christmas?

We have a wide selection of films on tape...ask for our FREE CATALOG

•

Video Club Membership...
Entertainment Ticket Books...
even Video Cameras for Rent

•

Titles Coming Soon:
Tightrope © Woman in Red
Mike's Murder

Visit us soon!

VALLEY VIDEO

Mon.—Sat. 10-9
Sun. 11-9

19-A Carmel Valley Rd.
(in the Village)
Carmel Valley

659-5026

BUSINESS

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

There will be lots of things to do for Chamber members and friends in 1985. New president LOIS LAMAR plans to get heavily involved in community activities, and in Chamber events that will bring in the community at large.

The monthly luncheons will continue, and we will have as our guest speakers some of the most outstanding people in the County. For example, at our February 14 meeting, we will have Marsha Kading-Kelly, principal of Carmel High School, and Frank Lynch, principal of Carmel Middle School, as our guests. We'll have more about this next column. We are in the process of arranging for other guests for our monthly meetings, and we'll report who they are just as soon as arrangements are made.

****

Little ALEX AUSTIN was a very sepcial guest at our last luncheon meeting. He brought his mother, PAM, and his father, STEVE, with him. ALEX, as you will recall, is only about six weeks old, and qualifies as the youngest member the Chamber has ever had.

****

When you think of doing business with a merchant, think of Chamber of Commerce first. For example, if you are going to send flowers to someone special, think of MID-VALLEY GARDENS and TEMPEL'S OF CARMEL FLORIST. Either of these fine businesses can fill your needs. Look in the Chamber Directory (available through the office) and patronize the finest businesses in the area...members of the Carmel Valley Chamber of Commerce.

****

Chamber members are getting ready for the annual Installation Dinner Dance on Friday, January 25, at Rancho Canada Golf Club. These are very special occasions to Chamber members and friends, and NICK LOMBARDO will provide a delicious fare to tickle the pallette. Past President CHUCK McKAY is Chair for the event, and he promises excellent music for your dancing pleasure. LOU ALLAIRE and DICK KRUEGER are in charge of this year's Good Egg Awards and, no, no one knows who the Good Eggs will be this year except the Committee. We'll **all** know on January 25. The cost for this gala event is $20 per person. Members will receive written invitations; others may call the office and make their reservations. Don't miss this very special annual event.

****

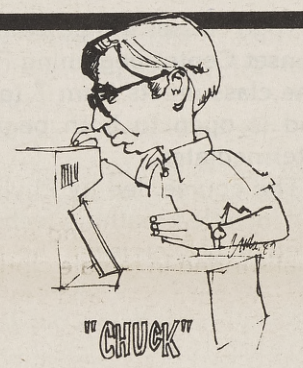
An aditional perk...KARIN STRASSER KAUFFMAN will be the guest speaker at the Installation Dinner Dance. KARIN has been the Chamber's guest before, but as a part of the forums we sponsored during the campaign. Now, KARIN, our new Fifth District Supervisor, will be the guest speaker at one of the Chamber's most important events, and one that has a long and honored tradition. Come and meet your new Supervisor...and come and share an evening with friends.

****

JANE and FRED ELLERBE of Ellerbe Therapy Association are frequent attendees at Chamber affairs ...it's always a pleasure to see them, and it's always a pleasure to see A.J. STOTLER of ComSat, who is unfailingly supportive of Chamber events. We also enjoy seeing KIM and IRVING HARTFORD, optometrists with offices at Mid-Valley, and, of course, JULIE and TIM HEASTON, she the owner of The Farm Center, he a Mid-Valley dentist.

****

The Chamber is in a process of planning, and so there is not too much to report right now. One thing is sure, though, and that is as the months roll by, there will be much to report, and much to share. See you next time.

McKay Business Service
XEROX 9500, 3100, 1035
COPYING - COLLATING - REDUCTION
CARD STOCK - 2 SIDES - TO 11 X 17
VELO & SPIRAL BINDING PAPER, ACETATE, COMPOSITION
IBM DISPLAYWRITER & SELECTRIC
WORD PROCESSING, LETTERS, RESUMES,
MANUSCRIPTS, LEGAL FORMS, LABELS
• LETTERS • ADDRESSING
• XEROX 9400 • COPYING
• MAILING • EDITING
• TYPING • DISPLAY WRITER • NOTARY


• M-F 8-5
26555 Carmel Rancho Blvd., Suite 4 625-1164 PICK UP & DELIVERY Carmel

WE'RE HERE
CARMEL VALLEY TYPESETTERS
Come and see us about your:
BROCHURES
BUSINESS FORMS
LETTER HEADS
STATIONERY
BUSINESS CARDS
POSTERS
INVITATIONS
PERSONALIZED NOTE PADS
CARDS
ANNOUNCEMENTS
ANYTHING YOU NEED TYPESETTING FOR!
659-2950
1 West Carmel Valley Road

Supervisor Karas Is Seeking An Applicant For Mental Health Advisory Board

Monterey County Fourth District Supervisor Sam P. Karas, is seeking an applicant for a vacancy for a three year term on the Mental Health Advisory Board. The committee reviews and evaluates the community's mental health needs, services and special problems.

The Mental Health Advisory Board meets on the fourth Thursday of each month at 7:30 p.m. Anyone interested in serving on this commission should reside in the Fourth Supervisorial District.

For further information, please contact the office of Supervisor Karas at 649-4144, or write to Supervisor Karas, 1200 Aquajito Road, Monterey, CA 93940.

Award Winning Advertising Designer Will Be Monterey County Cultural Council Guest Speaker

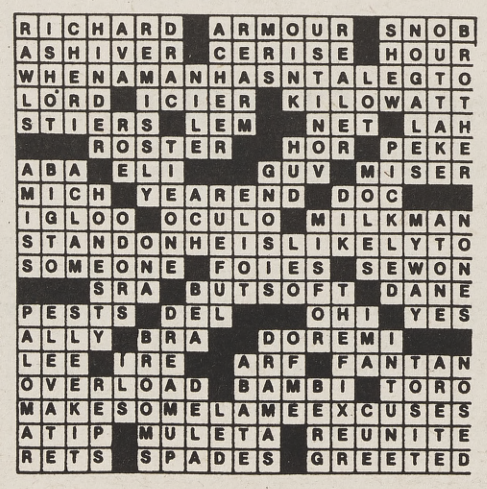
An award winning advertising designer will explain how to work with graphic designers for maximum results, at an 11:30 social, noon luncheon and 12:15 meeting to be held on Thursday, January 24, at Two Guys From Italy.

Charles Carter, founder and principal of Charles Carter Advertising who specializes in the design and production of printed communications, will be "The Graphic Designer and You."

Dana Calhoun of Monterey County Cultural Council will give the details of the Council's 1985 planned events calendar and projects.

Members and guests contact Program Co-ordinators, Linda Morris at Cal-Am Water Company of Wendy Fincke for reservations. There is a fee of $6 for members and $9 for guests.

For more information call 372-1205 or 373-3051 for more information.



Answers To CrosswordsPLUS

Limping Along

Clues like "witch craft" for BROOMS (74 Down), and "Nome dome home" for IGLOO (49 Across) are one of the reasons why Henry Hook's puzzles are among my favorites to solve.

The quotation contained herein appears in *How to Write and Sell Fillers, Light Verse, and Short Humor,* in a chapter entitled, approriately enough, "Cracking the Quip."

ZIMMERMANN NOTES

by Stephan P. Zimmermann

Each Parties Concerns

(Second in a continuing series)

Last issue, we discussed the tangible and intangible objectives of forming a business, and we identified that there may be conflicts in the goals of you as an entrepreneur and those folks who provide you the money to give you the start in that business. So we decided to do some tough thinking and correlate the goals of all parties concerned; and we agreed that the business should provide you more money rewards and more free time (read: more *enjoyable* time) than your present job provides you.

But what are the investor's goals? Any person giving you money on other than a purely charitable basis will want his reward for providing you that money. That reward depends upon what the investor's sense of money utility is. Remember, utility is the standard measure of determining how satisfying an activity or a good or service is compared to another. To most investors, utility of money lies in the return on that money which they anticipate. If you're truly conservative, and don't want to risk your money, you will probably be satisfied with the relatively low rates of interest paid on bank and savings deposits. But, you figure, you have the peace of mind of having avoided risk (unless the bank fails...in which case you hope that the government insurance program will pay you.)

If you're more adventuresome, you'll gradually increase your exposure to risk in hopes of obtaining a larger reward. Thus, you go into the market to compare what other investors are receiving, and measure your risk accordingly.

Let's walk through some examples. If you lend money to someone on a second mortgage, with the house as security, in case something goes wrong with the loan, you've got more exposure to loss than if you had your money in the bank. With greater exposure, you'll want greater reward. The reward is payment on the money (interest) and a decent chance of getting your initial investment (principal) back. So, since there is greater exposure, you charge 15% instead of 9%, and then hope all goes well.

If your investor will give you some money to start your business, chances are that he's betting on your capabilities of making money for him, so he's got confidence but also a greater risk exposure than if he lent you money on your house. So, he can rightfully expect to earn a greater reward. How great? That really depends on how risky your business if likely to be.

Of all the businesses started in the United States in any given year, the majority fail to survive during the first year. Another sizeable percentage fail during their second and third year. Only a handful make it beyond three years. So the amount of risk is relatively high. Remember, when risk is high, the reward must be high. So work out an amicable and fair arrangement with your sponsor so that he can see (a) when and how he'll get his initial investment back, (b) how much he can reasonably expect to earn while he's waiting to receive his initial investment back, and (c) what the real reward is after a number of years in terms of the increase in value of the business.

The comparison can be made pretty objectively: if current safe (AAA) bonds are providing you a ten percent return on your money, and mortgages are paying you fifteen percent, an unsecured business investment should reasonably provide about twenty percent or better to justify the risk. Anything less than that expectation borders on the foolish, and remember: a fool and his money are soon parted. . . That expectation on the part of the money investors should also be your expectation, if you're using your own funds to start a business. Why should you expect less of yourself than others expect of you? Thus, you now have a valid, objective criterion with which to determine if your planned business enterprise is worthwhile.

What is necessary now is to determine whether or not your expectations are realistic or not. Certainly, you can't expect to make more dollars and spend less time than you're making now unless you've thought out the business very well. So you may have to consider short-term sacrifices (i.e., *very* long hours with very little immediate reward) in exchange for long-term rewards. Can you afford to do that? For how long? How is your personal budget set up? If you realistically, and not wishfully, consider all of these facts and you come up with positive answers, you are ready to proceed to the next step.

If any of the checklist items we've discussed so far come up with significant negatives or at least questions which you cannot honestly resolve (determine the probability of success) you should step back, wait a day or two, take a deep breath, and start reassessing the odds. If you rush forward, you're bound for doom and, instead of seeing a light at the end of the tunnel, it'll only be the headlight of an onrushing train.

Next issue we'll discuss the type of organization you'll require to start your business.

FACE TO FACE

by Dan Derr
Designer/Photographer

Nuclear Nightgown

Part I of a Mlni-Series on Fashion

Inevitably I was to arrive at the time to combine design and photography into one column (in this case, a series) devoted to that area of human lifestyle which encompasses both: FASHION. Design-as-fashion, or the reverse, and that medium which expresses for the masses, the photograph of the "fashion model." Where to begin was not the pressing question, but where and when to end. The gilt and glitter of the twenties was a bit too historical, the thirties and forties, down, decadent, then decent, still too distant. That left the last thirty years, more than enough to fill too many issues of this paper, but enough in condensed form to arrive at a functional essay for most folks to use.

So we start in the fifties with strapless gowns, bobby sox, and too much pink in everything. Then hurtling into the sixties when the pink became DAYGLO, the sox, sandals; and strapless became topless. Seventy et al started the SELFhood, complete with SELF-imprinted Birkenstocks, business suits, and "body"shirts. Finally the retrofit eighties, with basic black, basic bathos, bad. From gangs to groups to individuals to inkblots. Sociologically it was carefree to concern to complexity to commonplace. And fashion played it all well, without faltering; media held the reins tightly as the foal became colt became stud became pasture-ized. We all saw and wore just what we were supposed to, at precisely the right time. Currently, olive drab, camo, and grey are correct costuming. Anyone for war?

Women's fashion is of greater significance than men's, for one specific reason: money. Until a male liberation movement takes place there just won't be the kind of cash outlay that's found in female clothing, due to variety, turnover, and desirability persuasion. Men just don't give a damn, because there's too much else to be concerned with. Women do because they've got a huge history of functional costuming and makeup behind them. And it's almost a genetic imperative at this point. Their "liberation" didn't override this; if anything, it just broadened the variety more, and put them into some men's clothing to boot. Regardless of the social evolution, there are still too many pink pinafores in the gene pool to allow women rational approaches to their own appearance. And Madison Avenue is still in there with a "stitch in time." Even "soaps," the primary female visual entertainment, are now daily fashion shows, crossing cranial interludes with correct curls, cuts, and couture. As McLuhan said: "The medium is the message."

What started in the fifties, what almost began the re-fleshing of women, has become the re-flashing of fabric, the obscuring of personality, and proliferation of everyman's mannikin. Fortunately, long hair still looks feminine, curly or straight. Men in the fifties chopped their hair (a self-imposed Sampson syndrome—after all, there was no war), engaged in the purity of white "bucks," white sportcoats, and white tee shirts with rolled up sleeves to encase a white pack of Luckies. But today they still have to scrape their face daily, and hang themselves with a tie (sorry, Talbott's, but there is no such thing as a functional reality for a necktie).

So, at the close of this installment I'll paraphrase a couple of items from the "authorities" to serve as lead-in for next issue, when I promise to be relentlessly scathing. Bloomingdale's paradoxical rendition, "mannish but feminine" vies with Gloria Vanderbilt's "variations in khaki," as pinking shears translate fabric edges into "a series of tiny star points." Sounds like something from the Grand Scam Suite, or did the emperor really need new clothes?

VALLEY VILLAGE SELF STORAGE

MINI-STORAGE UNITS
5x5, 5x10, 10x10, 10x15,
10x20, 10x30, 10x35

Delfino Place • Carmel Valley Village

Box 1274 Carmel Valley, CA 93924 (408) 659-5323

PENINSULA psts SEPTIC TANK SERVICE
Bill Parham
Calif. State License 294797
P.O. Box 13, Carmel Valley, CA 93924

Septic Tanks Pumped & Repaired
Sewer & Drain Lines Cleared & Repaired
Backhoe Service
Dump Truck & Hauling Service
Replace Drain Fields • 24 Hour Service

P.O. Box 13 • Carmel Valley, CA 93924 • 659-2465

COMMUNITY CENTER REPORT

by Louise Riddell-Kaufman

A variety of spring programs will be offered at the Carmel Valley Community Youth Center in addition to continuing programs and services that were offered this fall.

Beginning January 29, Anna Forman-McFarlane will be offering **Drawing from the Right Side of the Brain** . The class will meet Tuesday mornings from 10 a.m. to 1 p.m. in the Activity House and will run for 18 weeks. The course, which is sponsored by the Older Adult Program at MPC, includes specific drawing and visualization exercises which are designed to turn on the right side of the brain. Students will learn to recognize which side of their brain is dominant as well as develop the artist's eye and produce realistic and creative drawings. There is no fee.

Also beginning on January 29 the **Stretch and Tone** classes led by Christine Belleci will be changing hours. Classes will meet on Tuesdays from 6:15 to 7:15 p.m., Thursdays from 10:30 to 12 a.m., and Saturdays from 9 to 10:30 a.m. The class fee is $20/$30 each month for 2 or 3 classes per week. Christine's classes are geared to balance stretch and strength exercises. She plans a well-rounded program for slimming, health, flexibility and coordination.

The Carmel Valley Fire Department will teach a six hour **CPR** course which will meet February 4 and 11 from 7 to 10 p.m. Class participants will receive certification from the American Heart Association. The class fee is $15. Class size is limited so pre-registration is strongly suggested.

Family Play Time continues this spring for parents with children under 5 years of age. The group meets Tuesdays from 10 to 12 a.m. There is no fee for participating but parents rotate sharing a snack. Often parents bring a toy to share as well. New faces are always welcome!

The Hillview Home Health Agency is co-sponsoring a **Blood Pressure Clinic** on the first Wednesday of each month from 11 to 12 a.m. in the Activity House. The clinic operates on a drop in basis so registration is not necessary and it is free of charge.

An **Information and Referral Service** is offered in cooperation with the Alliance on Aging. Allene Payton will offer senior citizens help with Medicare, SSI, Social Security, Renter's and Homeowner's assistance forms and many other concerns. Allene will be at the Activity House every Wednesday from 12:30 to 1:30 p.m. For more information or an appointment call 646-4636.

Mary Berta is continuing **Reading for Life—Specialized Tutoring in Reading and Math.** She utilizes all of the student's senses to maximize the process of learning. It is particularly effective in aiding students with a specific language disability. For tutoring appointments call Mary at 659-2305.

There have been a few inquiries for a **Bridge Club** or a **Chess Club**. A minimal list of individuals interested is necessary in order to form either club. If you are interested please call 659-3983 during the mornings.

Western Dance Classes will begin at the Community Center in March. Watch for more information!

If you have any questions or additional ideas for programs, please call Louise Riddell-Kaufman during the mornings at 659-3983.

THE BOOKWORM

by Mary Berta

Soon school children will be happily exchanging and collecting Valentine's Day cards. How did it all begin?

It seems the custom of exchanging written and illustrated greetings had its origin in ancient times.

The practice of giving Valentines has its roots in pre-Christian Rome, "where boys drew the names of girls from a love urn on the feast of the Lupercalia, February 15th." The custom continued and spread to *England. In Christian times, the Church adapted it to Christianity by* assigning it to the feast of St. Valentine, a Roman Bishop who had been martyred on February 14, 270.

Paper valentines made their debut in the 16th Century and became more and more elaborate. It's considered that the valentine is the precursor of the greeting card. (Encyclopedia Britannica.)

Another source relates that this day was presumed to be favorable for lovers because of the notion that the birds began mating then. (Maryknoll Catholic Dictionary.)

Fortunate parents will receive handmade valentines. The children will have an opportunity to use their writing skills to express their love in their own way.

In my childhood I remember making valentines decorated with paper lace and also attaching accordian-pleated strips of paper to a printed valentine and a separate lace frame. This made the lace frame stand out from the valentine.

Upon looking into my closet recently, I was delighted to discover some very old valentines that had been given to me when I was a child. The largest, made in Germany, may be a collector's item. It's an elaborate 9"x12½" white car decorated with gold spokes and trim, as well as garlands of blue flowers. There are standing figures of a boy handing a sealed valentine to a girl, and another seated boy. There's a large basket in the car that's heaped with hearts. Their costumes are reminiscent of the children drawn by the famous illustrator, Kate Greenaway. It's three-dimensional and stands alone. The dye used must have been exceptional, as the red tissue pleated top has not faded after 50 years, whereas some of the other red tissue on my other valentines has faded considerably.

To all lovers, young and old: Happy Valentine's Day! Please say "I love you." often.

Do give your children the loving gift of knowing the skills needed to succeed in school. Please call 659-2305.

Pre-school Story Times Will Be Offered At The Carmel Valley Library

Monterey County Library Children's Coordinator, Sonia Church, will be presenting a six-week series of preschool story times at the Carmel Valley Library beginning February 7 at 11 a.m. Children must have passed their 3rd birthday to attend and pre-registration is necessary.

For more information, contact the library at 659-2377, or Monterey County Library Headquarters at 424-8611, ext. 395.

THOUGHTS

by Illia Thompson

Ann appeared at 10:30 bringing large French pastry gloriously proclaiming my birthday. Carefully she placed the masterpiece atop the refrigerator, out of the reach of dog and people.

Ann, co-worker of days gone by, at least weekly phone calls, hugs over the phone and real. Threads always connecting, weaving our lives within each other's.

Broccoli soup. Grandmother's recipe. Melt butter, add flour. Oh no! the flour was whole wheat. The roux turned brown. What to do? Well. we need cooked brocolli to add to the soup. Start that. Well, what about the dark brown mixture in the big yellow pot? "Ann, shall I throw it out and start again?" "Yes, I'll throw it out, start melting the butter, while you run to the store for white flour." I laugh. We are like schoolgirls, concocting, allowing ourselves to make mistakes. I return from the store, start all over again, and make the best soup ever.

The joy of women working together. The special blessings of friends. 12:30—the first guests arrive.

CARMEL VALLEY
DRILLING
AND ENGINEERING
Domestic • Mutual • Irrigation
WATER WELLS
(408) 659-3539
STA-RITE PUMPS Sales / Service
Walt Miller
Hard Rock Water Well Drilling Our Specialty
Contractor's License No. 397-584

CARMEL VALLEY
POULTRY RANCH
FRESH EGGS
WHOLESALE • RETAIL
SERVING THE MONTEREY PENINSULA
BILL DICK DOROTHY DICK
8990 CARMEL VALLEY ROAD
CARMEL, CALIFORNIA 93923
(408) 624-2678
5 MILES EAST OF HWY. 1

LEE RIEMAN
Sales Representative
Butts PONTIAC Cadillac
AMC | Jeep | RENAULT
MONTEREY PENINSULA AUTO CENTER
(408) 394-6741 — P.O. Box 10 — Seaside, CA 93955

TUTORING IN READING, MATH & ENGLISH
READING FOR LIFE
Mary L. Berta
M.A. in Education
P.O. Box 644
Carmel Valley, Ca. 93924
(408) 659-2305

SOLEX sells simple, affordable systems that turn sunlight into electricity—call us about our 12 volt and 120 volt systems
SOLEX
Solar Electricity Systems
Post Office Box 411
Carmel Valley, CA 93924
(408) 373-0746 Ext. 791

Carmel Valley
HAIR CENTER
A FULL SERVICE SALON
• Color Analysis
• All Nail Services
• Body Massage
• Men, Women & Children's Hair Services
CALL 659-3047 for Joy, Jody, Susie or Robin
Monday—Saturday/7 Delfino Place

WHERE THERE'S SMOKE

by The Fire Department Staff

The U.S Consumer Product Safety Commission states that fires from supplemental home heaters increased 85 percent between 1978 and 1982. The Commission said most of these accidents were caused by consumer's lack of knowledge about proper installation, use, and maintenance.

In addition, consumers who use any alternative heating source should be aware that toxic gases are produced when fuels burn. More than 150 carbon monoxide poisoning deaths a year are the result of improperly installed or maintained heaters...primarily gas fueled. These heaters should not be used in a closed room. Always ensure adequate ventilation with their use...even if you have to open a window slightly. Doors to the rest of the house also should be left open. The heaters should be shut off if the room becomes hot or stuffy.

Woodburning Stoves—Check to make certain your stove is installed properly in accordance with the local building codes and the manufacturer's directions.

- Always operate your stove within the manufacturer's recommended temperature limits.
- Chimney temperature monitors are available and should be used.
- Check the chimney and connector frequently for creosote buildup and have them cleaned when necessary.
- Stoves that are used often tend to build up creosote rapidly.
- It is a good idea to have the entire system professionally inspected and cleaned at least once a year.

Kerosene Heaters—Never use gasoline.

- Use only 1-K kerosene and buy only from a dealer who can certify that their product is 1-K kerosene.
- Don't adjust the wick below the manufacturer's recommended setting.

Gas Space Heaters—Vent if designed to do so.

- If you fail to light the heater on the first try, allow time for gas to dissipate before trying again.
- If there is a strong gas smell, shut off the gas supply to the appliance and open windows and doors.
- Don't touch any electrical switches, flashlights, telephones or other possible ignition sources.
- Never use a gas cylinder intended for use with a barbeque grill or camper indoors.

Consumers wishing further information may call the CPSC toll-free Hotline at 800-638-CPSC. A teletypewriter number for the hearing impaired is 800-638-8270. U.S. consumer Product Safety Commission-Washington, D.C.

(Reprint from IFSTA Newsletter.)

Arthritis continued from page 7

traditional methods (i.e., diets, bracelets), however, she added, "If they firmly in it, fine. Again, it's back to mind over matter. But, more important is not to impose what's good for them on someone else because that could be very dangerous."

There are at least 100 forms of Arthritis that affect individuals of all ages. "It's not an old persons disease," said Mrs. Weber. The most common forms are Rheumatoid arthritis, Oseoarthritis, Lupus, Ankylosing spondylitis (spinal), Gout, Juvenile arthritis and Scleroderma.

The purpose of the Arthritis Foundation, which was formed over 30 years ago, is to help solve the problems of those who suffer arthritis. The provide grants for continued research and offer patient and community education. It is financially supported through donations and is the only national volunteer health association.

The Monterey Branch serves San Benito, Santa Cruz and Monterey County.

For information call 373-6664.

N E Walker Returns After The Holidays

After a wonderful holiday season and a much needed vacation to recuperate from a beautiful trip, N E Walker found that playing Easy Rider and cruising on a bicycle can be very dangerous. While tying my sweatshirt hood a bit more snugly about my ears, exactly as one would in a car, the bike fell over and we skidded along on a well padded thigh. Indeed, I shall ever remember to keep at least one hand on the handle bars.

Arriving at Lovers Point after riding from the aquarium on the lovely new bike path, I noticed that the tires were a bit low and walked the bike to Lighthouse Avenue to put a little air in both and made a note that a wheeled steed needs some maintenance, if not hay.

The bike path is remarkably free of litter and, with a bit of care from the Walkers over there, should be fairly easy to maintain, as it was thoroughly cleaned of trash when the bike path was put in.

Fairly flying down the road, definitely in a holiday mood, what to N E Walker's wandering eye should appear but a bright red wrapper blatantly exclaiming "TWOOKIES." You know how it is, everything fits in and then suddenly something rudely thrusts its bright, definitely out-of-place self right at you.

With nothing to collect in, I pulled into 17 Mile Drive Village store and asked for a plastic trash bag to collect litter in. The two ladies exchanged glances and one said, "It sounds suspect to me." Isn't it lovely to be given an opening such as that?

Explaining about N E Walker, I was immediately given a large green trash bag, and she shared her problem with me. She told of how a young lad, after buying a candy bar, threw the wrapper on the porch as he was going out the door. "Pick that up," she yelled. He immediately said he hadn't thrown it down. She gave him two weeks without shopping privileges in her store: one for littering and one for lying. Detention over, he is a much more polite, tidy shopper. I suggested she might, in the future, attach a clause to that about picking up her driveway for a week.

N E Walker gave her all to one block and just about filled the bag. Starting with the Twookies wrapper which houses a "delicious, crunchy, creamy, strawberry cookie bar" (I got that right off the wrapper), I found the following: **Bottles:** 2 broken, 1 Bud quart, 2 Bud 12 ounce, 1 Guiness Extra Stout, 1 Lowenbrau and 1 Coors. **Cans:** I Bud, 1 Pepsi Free, Frito-Lays Cheese dip. **Wrappers:** a Popsicle, Tootsie Roll, Tootsie Bubble Pop, Wendy's Old Fashioned Hamburger, Smores, Pay-Day, Joe Palooka Bubble Gum, Winston and Kent, 2 Snickers, Mini-doughnuts, Cheese dip. **Bags:** Laura Scudders peanut, sour cream and onion potato chip, small gray, 3 brown paper. **Other:** Belleci's Deli and Catering ad; an envelope from Jack L. Skillicorn, Auditor Controller, with spider residing within; 3 matchbook covers; 1 white sock with red stripes; 1 pint container Carnation milk carton; 2 plastic six-holer can holders (thought these were outlawed); 1 wire coat hanger; a blue meat tray; 2 large white plastic cups; 3 covers for same cups; Monterey Peninsula Herald dated August 28, 1984, pages 21 and 24; 2 sticks of wood now cozily simmering in the fireplace.

Securely tying my litter bag on the back of the bike, N E Walker cruised along the beach road back to the aquarium to meet Tom from Santa Barbara, who made history by appearing on the cover of his local paper in his N E Walker shirt. He was off someplace with my daughter and Ken hadn't yet come out of the aquarium.

Wanting to make notes on my day, I started out to find a pencil and piece of paper. Across the street I noticed that the back of a car was full of six-pack cartons of empty bottles. The young man, Jim, who was closing the trunk said that Kalisa's recycles every empty bottle sold in their restaurant. That's a very helpful outlook, and the sort of place I like to patronize. It has quite a history, also.

Keep your eyes and litter bags open, and remember, your N E Walker shirts are available at the *Carmel Valley Sun* for only $5.00.

Cheers!

The CHATTERBOX

for the talk of the town

- Lunch
- Salad Bar

Hours
Open Mon.-Fri., 6 a.m.-3 p.m.
Sat., 7 a.m.-3 p.m.
Sun., 7 a.m.-2 p.m.
your hosts Phil & Francis Wright

New Location
Carmel Valley Village Center
(behind Will's Fargo)

Nelson's International Seafoods Restaurant

WE'VE MOVED!
Same great food in a new location
53 W. Carmel Valley Road
(Formerly Stefano's)
[illegible], poultry and seafood
with many items flown in daily.
Vegetarian dishes also available

Specializing in Cioppino, French Style Bouillabaisse, Abalone and Lobster Tails
Dinner 5-9, Fri. & Sat. 5-10
Reservations Recommended
659-3678
14 Delfino Rd., Carmel Valley Village

Oleander Garden Shop
BAREROOTS

ROSES $4.95
FRUIT TREES $7.50
Apple, Apricot, Cherry, Peaches, Nectarine, Plums, Pomegranate
WALNUT $14.50
PERSIMMON $19.50 5 gal.
CITRUS $14.50 5 gal.
Lemon, Lime, Orange, etc.
GRAPES $2.95
BERRIES $1.50
Boysenberry, Raspberry

Closed Wed. and Thurs.
8 Pilot Road, Carmel Valley Village
659-2058

TO YOUR GOOD HEALTH

ON THE RUN

by Dr. Richard Keith McGarry, D.P.M.

Aerobic calisthenics is a fun method of exercise to achieve two important aspects of health—cardiovascular and musculoskeletal fitness. While jogging conditions only the lower body, aerobic calisthenics conditions the upper and lower body.

However, due to the increased popularity of aerobics classes, physicians who treat injured athletes have noticed a significant increase in aerobic related injuries. Not only is the increase due to the activity's popularity but to the lack of proper equipment and inadequate conditioning that enables exercisers to endure the added stress.

The three most common aerobics related injuries that I see in my practice are: Shin splints, arch and heel pain, and knee pain. These are considered overuse injuries rather than injuries caused by a direct blow or trauma commonly found in contact sports.

Shin splints is a term used to describe pain experienced along either side of the shin bone. Pain is felt in the muscles along this bone but more commonly on the inside of the shin bone a couple of inches above the ankle. Pain is described as either a burning, tight or aching sensation that is felt during the first few minutes of exercise. It subsides, only to recur during the next workout.

Arch and heel pain (medically known as planter fascitis and heel spur) is the second most common overuse injury seen in my office. Arch pain is described as a burning or stretching sensation and is felt along the inside of the arches. The pain usually occurs during jumping exercises when you land on the balls of your feet and also when performing exercises that stretch the arch. Heel pain is felt on the bottom of the heel and is most pronounced when trying to walk after periods of rest, i.e., in the morning when you first get up.

Knee pain is usually located in one or more of three specific areas: Above the kneecap, underneath the kneecap and below the kneecap. Pain is experienced usually while doing exercises that require jumping up and down. This puts a lot of stress on the muscles that attach into the kneecap and also on the kneecap itself.

Most overuse injuries respond well and rapidly to treatment during the early stages. Therefore, listen to your body and if any of these symptoms occur, either decrease or stop those exercises that are causing the pain. There are three steps you can take to prevent or treat those injuries.

• Shoe gear—Aerobics or jogging shoes are essential. Manufacturers are just beginning to develop a better aerobics shoe. Previously they were constructed like ballet slippers, providing little support and shock absorption. Because aerobics shoes have been inadequate, I have recommended certain jogging shoes in the past. Just recently I have been recommending some of the newer Aerobics shoes because they are now providing better support and shock absorption. More research and development is still required to produce the ideal aerobics shoe.

• Exercise surface—Try to exercise on a carpeted floor that has good shock absorption padding underneath. This will reduce the jarring on your body. A wood, rather than cement, floor base is preferred.

• Conditioning—When embarking on any exercise program, it is important to start off slowly and gradually increase the duration and intensity of the activity. This allows your muscles and joints to become stronger and better able to endure the increased stress without developing an injury. Other ways to reduce injuries are to avoid prolonged periods of exercise that require jumping and supporting all of your weight on one foot. During jumping exercises, try to land on the balls of your feet and then quickly roll back to your heels. This will significantly reduce the stress to your leg muscles.

It is important to prevent injuries before they occur. Remember to wear proper shoes, train on a soft surface and condition yourself adequately.

If you develop an injury and the pain symptoms are not resolved, I suggest that you seek help from a sports podiatrist or sports orthopedist who will perform an in-depth evaluation of your problems.

Recovery Center Will Screen Alcohol Films

Two films about alcohol addiction will be shown at the Recovery Center of the Monterey Peninsula, in the Education Center behind Monterey Peninsula Hospital.

Romance to Recovery will be shown on Wednesday, January 23 and *I'll Quit Tomorrow* on Wednesday, January 30. Both films screen at 6:30 p.m.

The movies are free and open to the public. Discussion follows each film.

For more information, call 373-0924.

Suicide Prevention Center Needs Volunteers

Last year in Monterey County 188 suicidal attempts were prevented through the efforts of the Volunteers at the Suicide Prevention Center. More volunteers are needed to listen, understand and give calm gentle competent support to those in crisis and a training class for volunteers has been scheduled for February 20.

Those interested in becoming a volunteer can call 375-6966 or write P.O. Box 221702, Carmel, CA 93922 for more information. Training is available.

Seminar Will Discuss Designer Drugs

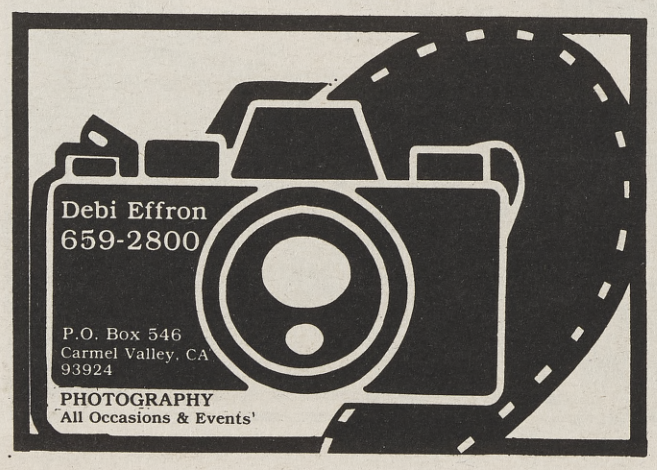
The Monterey County Health Department is sponsoring a free half-day seminar January 28, 1985, from 9:00 a.m. to 1:30 p.m. in the Santa Lucia Room, Salinas Community Center, 940 North Main Street, Salinas.

The seminar will focus on a new drug abuse phenomenon called "designer" drugs. These are synthetic drugs manufactured in illegal labs and sold on the street that approximate the same effects of organic and other illegal mind-altering substances. The potential health risks associated with the illegal manufacturing, distribution, and consumption of these drugs is alarming.

The public is invited to attend this seminar to learn all the latest facts regarding this law enforcement and public health problem. For further information, contact William E. L'Heureux, Monterey County Drug Program Administrator, County Health Department, 757-1061.

CARMEL VALLEY CHIROPRACTIC CLINIC
Dr. Marvin Goldstein
6 Delfino Place
Carmel Valley Village
659-5180
Gentle adjustments with Shiatsu Massage

Immediate Medical & Family Care Center
David B. Stark M.D.
Paul E. Tocchet M.D.
"A Family Place"
907 Harcourt Ave.
Seaside, CA 93955
(408) 394-6642
14 Ford Road
Carmel Valley, CA 93924
(408) 659-5531
NO APPOINTMENT NECESSARY
OPEN 365 DAYS A YEAR
8 AM — 8 PM
INCLUDING ALL HOLIDAYS



RICHARD KEITH McGARRY, D.P.M.
Surgery, Disease and Injuries of the Foot
Sports Medicine
32 DORMODY CT.
MONTEREY, CA
(408) 646-1344
1107 LOS PALOS DR.
SALINAS, CA
(408) 758-5121

EYE-deas

by Drs. Irving and Kim Hartford

Bifocals—Which Type Meets Your Needs?

Bifocals help you see effectively both near and far with a single pair of lenses. Each bifocal lens has two parts. Usually, the lower focuses light for seeing clearly at near and the upper assists your eyes to focus at a distance.

There are three basic types of bifocals. The executive has a line (it is actually a ridge) that goes across the entire width of the lens. Its chief advantage is that it gives the widest field of view for reading. Its disadvantages are that it is the most noticeable bifocal and the lens is heavier than the other types. The round bifocal is the least noticeable one, as it is practically invisible when the glasses are on the face. Its disadvantage is that it has the smallest viewing area for reading. The flat top bifocal is the most popular one. It has a wider reading area than the round bifocal, but is much less conspicuous than the executive style.

Trifocal lenses have three parts: one for distance, one for near, and one for mid-range vision.

Invisible Line Multifocals. There are two types of multifocals that do not have any lines: the blended bifocals and the progressive addition lens. The blended bifocal is basically a round bifocal whose line has been blended out. Instead of having circular line, the bifocal has a small circular ring of blur that surrounds the reading area.

The progressive addition lens gets progressively stronger in power as you go from the center of the lens to the bottom. Your eye doesn't encounter any lines or areas of blur as it moves straight down the lens, and you will be able to see well at many different distances. However, there are areas of distortion to either side of the reading area. Because of these distorted areas, not everyone can adapt to wearing progressive addition lenses. This type of lens is also the most expensive bifocal.

Special Purpose Multifocals. Do you need to see an instrument panel above your head? Do you need to read product labels on shelves of different heights? Does your job require you to be able to see large charts at a glance? There are special multifocal lenses to meet these and other needs. The reading portion can be placed at the top of the lens, instead of the bottom, or there can be a small reading portion at both the top and the bottom. For those who work up close on large charts, the reading portion can be designed to take up most of the lens, with just a small portion at the top for glancing at a distance.

Which Type Is Right for You? Which multifocal lens will be best for you depends upon the type of work you do, your hobbies, how much you read, the size and position of your reading material or other close-up activities, etc.

In many cases, no single pair of multifocals is right for all the patient's needs. Many people can use one "all-purpose" pair for almost all their daily activities. Others need different pairs for different uses. In some cases, patients need multifocals for general use plus reading glasses for one particular activity.

A few patients function better with separate glasses for distance and near.

To help your eye doctor determine how to meet your needs, be sure to tell him/her about visual activities included in your job, home, hobbies, church and so on; the daily tasks you perform at eye level, below eye level or above eye level; and the size and distance of the objects you must see for each task.

You should be aware that there are many different ways of making a particular prescription into a multifocal lens; yet only a few of these options may suit your special needs. Make sure your eye doctor understands how you use your vision, listen to his/her recommendations, and you will find that your multifocals will be both comfortable and effective for you.

HELP YOUR HEART

American Heart Association

It's possible to eat more but weigh less, if you exercise. That's what Dr. Peter Wood, professor of medicine (research) at Stanford University, said at a recent American Heart Association symposium. "Physically active people tend to eat more, maybe several hundred calories more per day than sedentary people, and yet they weigh less in the process, he said.

Dr. Wood and his colleagues have studied Stanford faculty wives who play at least 10 hours of singles tennis per week, and compared them with sedentary facutly wives of similar ages. "The sedentary women were considerably more overwight than the tennis players," he said. "When we had both groups record what they were eating, there was a large difference in the recorded intake of calories. The tennis players were definitely not dieting but were lean, while the sedentary women were eating very modestly yet were relatively overweight."

The Stanford University researchers also have studied 14 sedentary men who agreed to gradually build up their exercise level until they were running 13 miles per week. The scientists followed their progress as they maintained that exercise level for two years. "Even though their food intake increased, their body fat decreased," he said. "The amount of fat they lost was rather nicely related to how much running they achieved. So becoming active tends to make people lean."

Physically active individuals also are known to have a lower risk of heart disease. Active people may receive some protection from both their leaness and from their muscular contractions during exercise, he continued. "Several groups of researchers are doing studies right now that should show which of these two effects is most beneficial."

Dr. Wood said his findings help explain a surprising but little known fact: people who eat more tend to have less coronary heart disease. At least four studies have measured calorie intake and followed individuals over a period of years to see what relationship eating has with development of heart disease. He said: "In all four studies, those people who developed heart disease had reported many years earlier a significantly lower calorie intake than those who did not get heart disease. I think the explanation is that people who eat more are often more physically active."

Dr. Wood emphasizes that he is not recommending an increased calorie intake for individuals who are overweight and don't plan to exercise. But for the millions of Americans who have joined the "exercise explosion" that began in the 1960s, eating more calories, especially in the form of carbohydrates, won't stop them from staying lean, he concludes.

LEE M. GOLDMAN, M.D.
FAMILY PRACTICE
DIPLOMATE AMERICAN BOARD OF FAMILY PRACTICE
(408) 624-9202
MID-VALLEY IN WOODBRIAR COURT
27880 DORRIS DRIVE SUITE 100 CARMEL, CA 93923

KIM A. HARTFORD, O.D
IRVING H. HARTFORD, JR., O.D.
DOCTORS OF OPTOMETRY
Adult & Children Vision
Contact lenses, Vision Therapy
Mid-Valley Professional Bldg.
27875 Berwick Dr., Suite B
Carmel, CA 93923 (408) 625-3911
Monday—Saturday

(408) 625-2840
John F. Bennetts M.D.
Family Practice
American Academy of Family Practice
Mid-Valley Medical Building
27875 Berwick Dr.
Suite A
Carmel, CA 93923

(408) 624-1106
Robert A. Doyle, M.D.
Psychiatry
3855 Via Nona Marie, Suite 109
Adjacent to Carmel Rancho Post Office
Carmel, CA 93922

DR. JOHN VON BERG
DR. STEVE AUSTIN
GENERAL DENTISTRY
MONDAY - SATURDAY
EMERGENCY SERVICE AVAILABLE
16 FORD ROAD
CARMEL VALLEY, CALIFORNIA 93924
659-4944
CARMEL VALLEY FAMILY DENTAL CARE CENTER

PSYCHOSYNTHESIS COUNSELING
A helping process
to resolve inner conflict
and promote a better relationship
with self and others.
Marcia P. Smith
State Licensed Psychotherapist
659-2956

KEEPING IN TOUCH

A Personal Experience

The holidays for me were a deeply rejuvenating and fulfilling time, though from the outside it could have appeared a disaster. In the beginning of December I had a moderately bad car accident. I was left in a state of shock. The other car had only a few scratches but mine needed major work or replacements. I had broken the car windshield with my head and everything ached. The mild concussion and whiplash injury would take time to heal but what of my plans for Christmas, my work and active interests waiting for fulfillment? How was I to show my daughter a spectacular Christmas? No answers, only silence.

The expectations I normally place on myself for mood setting, sending acknowledgements with cards and gifts, cheerfully decorating the house and planning parties dissolved. I simply had no energy for any of it. I didn't even want to go to church. I didn't want to do anything except sit for long periods staring at nothing in particular. Two weeks passed. Nothing. Luckily work was slow and my daughter decided to spend part of the holidays with relatives in Southern California. I bought the extra car of the lady whose car I hit, more than depleating my resources. Odd bits of work came in and I mechanically operated, between long periods of nothing. Occassionally I would come out and contact someone with spurts of energy—then, silence again.

Slowly I became accustomed to the blank spaces. They began to seem like home—not a retreat, just home. I felt no guilt, no anxiety or pressure to act as I normally do.

Empty of my past ambitions and harried plans for the future I thought perhaps I might be depressed. I was searching for a label or justification for the state I found myself in. There was none. Gradually a sense of inner contentment and containment deep inside myself began to make itself felt. I was OK. I was alive. I could breathe in deeply. I felt peaceful.

As this state of peace continued I began to realize its value and look forward to its unexpected arrivals, I could not bring it on by doing anything it seemed, and it would vanish just as unexpectedly. As I enjoyed it more, however, it began to permeate my whole being. I felt relaxed, balanced and happy more of the time and the words "the peace that passeth all understanding" crossed my mind.

It was so simple. Is this what poets, writers and philosophers had been writing about as the source of all well-being and contentment in life? As I doubted this I began to notice how friendly small animals were to me, how beautiful the sky appeared and changed throughout the day, how deeply I felt for the people around me and those in distant countries suffering from starvation. I felt a deep need to be a part of and contribute to life on this planet. In retrospect I can truly say I was in a state of grace without any knowledge of what was happening.

Now, as time has passed and responsibilities in the world increased again I feel less the ability to savor for long hours my beingness. The direction for real satisfaction in life, the wellspring of every goodness and mercy I had so actively sought in the outside world had come to me in an unexpected way and now it is time to bring more of that inner contentment out into the world. I am a little sad at its going but I know it will return. It is for me to treasure the impression it made. I feel I was given the true gift of Christmas—the knowlege of the spirit of renewal within and I want to wish all of you happiness, peace and joy in the new year.

SPCA Honors Volunteers

The Monterey County Society for the Prevention of Cruelty to Animals has named the recipients of the outstanding volunteer awards for 1984.

Andrea Sawyer of Salinas was named the Adult Volunteer of the Year. Although Andrea works full-time as a restaurant manager, she still volunteers twenty or more hours a week at the George Whittell Wildlife Rehabilitation Center.

Andrea's responsibilities include feeding wildlife orphans, doing physical evaluations and cage cleaning.

"Andrea's extreme dedication and hard work make her invaluable," explained Lisa Hoefler, director of the wildlife center. "I can call on her at any time and she's there to help."

Rayne Hawthorne, a student at North Salinas High School, was named Junior Volunteer of the Year. Rayne hopes to extend her SPCA volunteer experience into a career in working with animals.

Rayne volunteers at the animal shelter as an animal companion. She often helps with such special projects as SPCA day camps, mailings and fundraising events.

A special award was given to Dr. Michael Murray of Coast Veterinary Hospital. Dr. Murray contributes two to three afternoons a week providing medical services at the wildlife center.

Since Dr. Murray began his work in wildlife three years ago, he has assisted in the rehabilitation of thousands of animals and greatly contributed to the 85% success and release record the rehabilitation center now holds.

The Monterey County SPCA has over 150 active volunteers working for animal welfare. "This organization was founded by volunteers," explained executive director, Kathleen Flood. "They continue to serve as the backbone of the agency."

Audubon Society Schedules Outings

The Monterey Peninsula Audubon Society will sponsor a field trip to Jack's Peak on January 27. Members and friends will meet at 9:30 a.m. at Highway 68 and Jacks Peak Road (across from the airport). The field trip leader is Chris Tenney. Call 443-3722 for more information.

Another field trip is scheduled for Saturday and Sunday, February 9 and 10, to Los Banos/Panoche Valley. Participants will meet at Los Banos National Wildlife Refuge Center on Saturday at 9:30 a.m. Call leader, Brian Weed, at 373-2019 for more information.

Star Refinishing Company
659-3019
Antiques • Furniture • Cabinets
Complete Restoration
1-B Del Fino Place Carmel Valley Village

Knives • Scissors • Hand & Garden Tools • Clipper Blades • Chain Saws • Circular Saws • Hand Saws • Carbide
GRINDSTONE SHARPENING
Rt. 2, Box 888
Carmel, CA 93923
Across from Carmel Valley Manor
Larry Warcken
624-6749

John P. Hannon II
Attorney at Law
27880 Dorris Dr., Suite 110
Carmel, CA 93923
(408) 625-2495

del Valle Gunsmithing
•handguns a specialty
• repair
• cleaning, oiling
•new and used guns
•ammunition
• custom work
Talbott Building, S9
Carmel Valley Village Center
659-5033
Mon-Fri 10 am-6 pm
Sat 9 am-3 pm

ANIMAL TRACKS

Courtesy of Monterey County SPCA

Seabird Injuries Can Be Avoided

by Elizabeth Watts

Each year our wildlife rehabilitation center treats nearly 75 sea birds caught in fishing hooks and lines. Many more of these injured and entangled birds are never even found or reported. But, as with many animal injuries, they can be avoided with a few precautions and care.

Seabirds are attracted to fishing areas for several reasons. They are often fed in or around popular fishing areas and are attracted by garbage lying on the beach or in the water, bringing them back to the same spot time and time again. Catches are frequently pulled within close range of feeding birds. The easy meal tempts the birds to dive for the hooked fish, causing them to swallow the hooked fish and ensnare themselves in the line.

Sport fishing is done year-round, so it pays to know how to treat and, most importantly, prevent these needless injuries and deaths. The menace of hooks and lines cannot be overstated. The following simple precautions can save many of these birds:

- Avoid casting while any seabirds or shorebirds are near.
- Don't leave fishing lines unattended—especially baited ones.
- Birds frequently get caught in waste line and dangling remnants, so don't throw any garbage overboard or onto the beach.
- Never leave a rod with the line reeled up and hook dangling. Birds will often fly into them, tangling themselves in the line.

If you find a bird that has swallowed a hook or is tangled in a monofilament line, you can either call the MCSPCA for assistance or try to help the bird yourself. It is virtually impossible to hold the bird and work on it at the same time without assistance. Seabirds will try to defend themselves by biting or stabbing with their long, sharp bills. Get help and always use caution when handling seabirds.

If you should decide to help the bird yourself, avoid pulling the bird out of the water by the line. Use a net and grasp the bill to avoid being pecked or stabbed. After capturing the bird, cover its head with a towel, shirt or cloth. This reduces stress and calms the bird down.

If the bird is tangled in fishing line and there is no hook penetration, remove *all* the line carefully and release the bird. If the hook is caught on the bird's body, cut off the barb and back out the barbless hook. To avoid injury from the flying barb, make sure the barb is covered before cutting. If the hook is under surface tissue and the barb can be felt, push the hook forward to penetrate the skin and cut off the barb.

Remember, when in doubt, call the MCSPCA. Serious injuries can be caused by entanglement and should be medically treated in order for the bird to survive.

If you sport fish regularly, there are a few simple things you can carry in your tackle box to help a bird that has become entangled:

- A pillowcase is useful to cover an injured bird and to keep a barb from flying into eyes or skin once it is cut.
- Wire cutters are nececessary to remove hooks and cut barbs.
- Scissors are used to cut any line that has wrapped around wings and beaks.
- You may find masking tape useful to loosely tape bills and beaks closed when removing hooks and untangling line.
- Finally, iodine or another disinfectant will help against infection.

We must all do our share in preventing the needless loss of our wildlife. These simple precautions and first aid techniques can save many of our birds in Monterey County.

For more information, just write to MCSPCA, P. O. Box 3058, Monterey, CA 93942.

ANIMAL ISSUES...
News and Views

Imagine for a moment that you are a seal. A mother seal. Imagine also that you live in Canada or Norway (an unfortunate circumstance in your case).

It is spring, 1985 and like most other baby seals, your pup is helpless in the face of danger—too young to swim; to young to escape across the ice. You do your best to protect him from the dangers of the world but there is one danger you cannot keep him from.

When the steel tipped club comes and crushes your pup's skull, you can do no more than helplessly bellow. Moments later only a bloody remnant of your pup is left, his coat severed from his corpse.

Your bellows continue as you watch the club and knife move on, slaughtering each pup in its path. You watch tens of thousands of pups die to meet the "demands" of style.

It was hoped this type of senseless slaughter was a thing of the past when a measure passed by the ten member-nations of the European Economic Community imposed a ban on importing products of "whitecoat" harp seal pups. The measure went into effect last year, however, the pups are again in danger.

The EEC decision forced the Canadian and Norwegian sealers to announce they would no longer kill the "whitecoat" seals because there were no buyers for the pelts. Unfortunately, they discovered when a harp seal pup reaches the age of two weeks, it begins shedding its protective white natal pelt, revealing a waterproof grey speckled pelt underneath. No longer a "whitecoat", the pup is no longer protected by the ban.

In 1984, the sealers waited for the TENS of thousands of harp seals to begin their shedding. Then, they again proceeded with their brutal slaughter. No one knows how many harp seal pups will be their victims in 1985.

Despite the EEC ban and the drastic drop in the demand for seal products, the Canadian government announced that it hopes to find new buyers in the Soviet Bloc countries and Hong Kong. Norwegian sealers have requested governmental price guarantees to allow them time to locate new markets for their seal products. If new markets are located, the sealers hope to bring the annual level of kill back into the HUNDREDS of thousands. They need our help again.

Fighting to stop this senseless slaughter is an ecological foundation formed in 1970: Greenpeace. Actively working to protect the environment, Greenpeace has fought and won in blocking atmospheric nuclear testing, toxic waste dump in the seas, illegal whaling, and dolphin slaughter by tuna fishermen, as well as forcing the reduction of seal slaughter in years past.

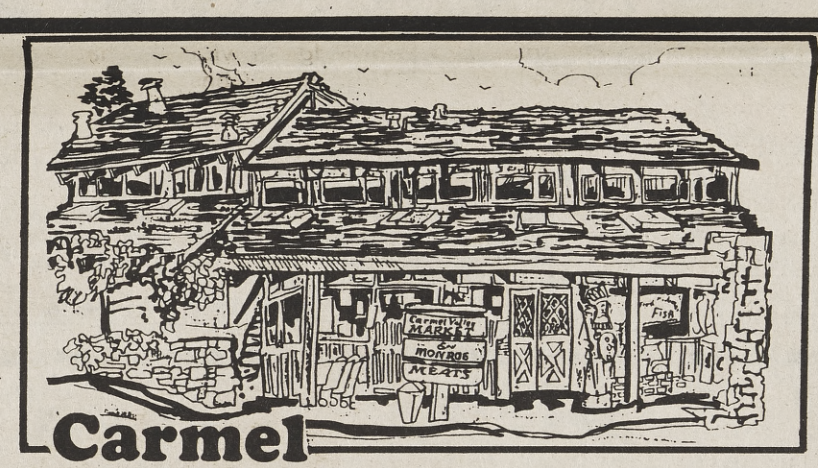
Action by the non-porfit organization is direct and non-violent, following a philosophy to "obstruct a wrong without offering personal violence to its perpetrators."

You can join their fights in various ways, such as an occasional mailing of pre-written cards of protest, to complete involvement.

To obtain further information or to be placed on a mailing list, contact Greenpeace at: Greenpeace USA, 1700 Connecticut Ave., N.W., Washington, D.C. 20070.

SPECIALIZED TRAINING
GROOMING • BOARDING
By Appointment
659-3680 (Holiday Boarding or Training Requires Advanced Reservation)

THE LAST RESORT LTD
JULIE SWEET
FULL SERVICE
BIRD MANAGEMENT



Carmel Valley Market
659-2472

Sewing Notions • Tennis Shoes
Sweaters • T-Shirts
Briefs • Socks

In The Barn
ALFALFA
Alfalfa • Hay Cubes • Horse Pellets
Chicken Feed • Pig • Rabbit • Goat • Pigeon
Dog & Cat Feed • Pet Supplies

Grocery
Complete•Gourmet•Imported
Marmalades•Chutney

Produce
Carmel Valley CORN • Fresh Daily

Liquor
Complete Line • Beer-Domestic & Imported
Wines from 18 Countries
Collector Decantors—Hoffman, Jim Beam, Cyrus Noble, Bing Crosby, Elvis Presley, McCormick

Meat
USDA Choice Meats • Fresh Fish • Poultry

LOCATED IN THE VILLAGE BEHIND WILL'S FARGO AND THE TEXACO STATION • HOURS 8:00 A.M. to 8:00 P.M.
SUNDAY 8:00 A.M. to 7:00 P.M.

Ben Artellan, Manager
(formerly of Liquor Barn)

Free Delivery in the Village
Randy Randazzo, Owner

VALLEY VOICES

Photos by Debi Effron.

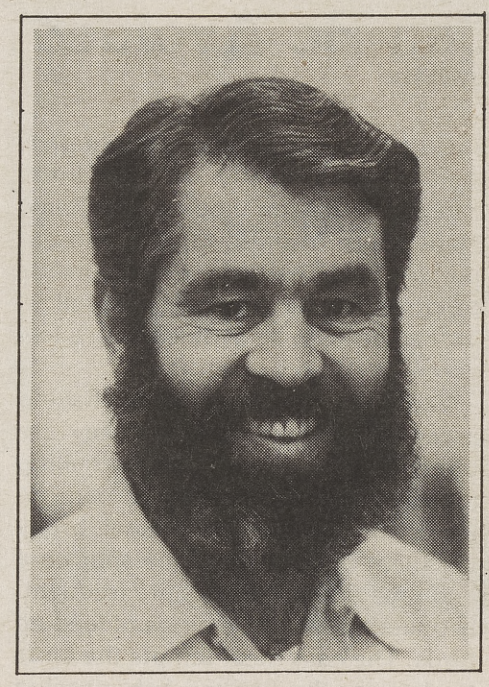
What is your all-time favorite movie?

Jo Lomanto, Bank of America

"The 'La Cage Aux Folles' series. The first movie was the best. The second was a complement but all the surprises were in the first. The foreign version is much better than the English version."

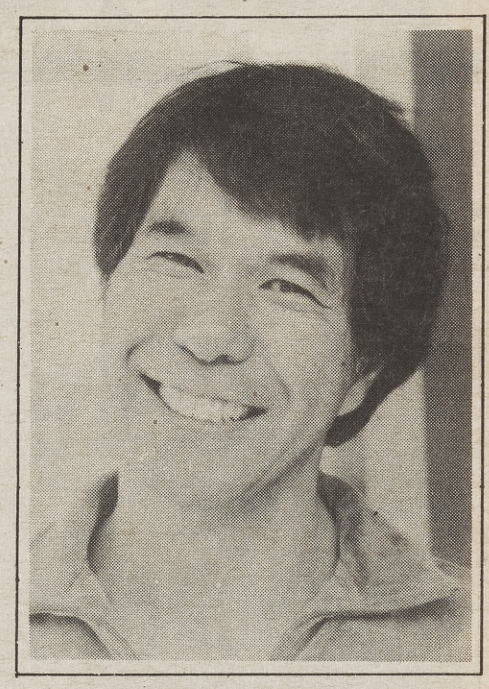
Marcia Olsen, Bank of America

"'Somewhere in Time' with Christopher Reeve."



Ray Lindsay, Postal Clerk

"I like that one where Richard Gere is in the Army. 'An Officer and a Gentleman.' Right now that's all I can think of."



Alan Masaoka, Stained Glass Windows

"'Treasure of Sierra Madre' with Humphrey Bogart. It's a great movie; a classic. A pure adventure that takes you up and down emotionally."

TRADING POST

Classified Advertising

P.O. Box 744 • Carmel Valley, CA 93924 • 659-2950

Ads run $1 per line

FOR SALE

Washer & Dryer. Good cond. $200. Call 659-2800.

1971 Datsun 1200. Great MPG $800. 659-4653.

King size bed incl frame. Firm support. $150. 659-4653.

ESKOFOT 626 Copier $95 659-2480.

MUST SELL 1974 Harvest Motorhome 24' Classa/Roofair electric generator. Exc. cond. 413 Dodge eng. 27998 $10,000 or b/o. 659-3647.

SPECIAL ANNOUNCEMENTS

Lonely w/m doing time at D.V.I. would like to hear from all ladies any age. Prompt and sincere reply. David Zumwalt, C-52573, D.V.I. P.O. Box 600, Tracy, CA 95376-0600.

CLASSES

Body Shaper class 45 min. workout Tue & Thur 5:45 p.m. Studio 13 Sunset Center. Begins Feb. 5. Call Kathleen 372-4095.

Tai Chi Chih—joyful movements! Adult classes begin Thur, Feb. 7, 7:30 p.m. Intermed adult classes Tues/Thurs, Feb. 5, 6:30 p.m. Children/Teen classes begin Feb. 5, 3:30 & 4:30 p.m. Sunset Cultural Center. Call Kathleen Lucido-Rickard 372-4095.

WHOLESALE
RETAIL
659-5107
Denis Thush & Family
YOUR VALLEY GREEN GROCER
MUSHROOMS & PRODUCE

—ALSO—
DAIRY AND SODA DRINKS
TRAIL MIXES, MRS. RENFRO'S SALSAS OPEN 10-6 Mon.—Fri., 10-5 Sat.
8 DEL FINO PL CARMEL VALLEY VILLAGE

IRON KETTLE

HOME STYLE LUNCHES

Tuesday—Saturday
Noon—3:30

...a touch of Pennsylvania Dutch in Carmel Valley Village

659-5472
7 Delfino Place, Carmel Valley